

SELF

**ROSIE
HUNTINGTON-
WHITELEY**
*FROM MODEL
TO MAD MAX*

SUMMER COUNTDOWN:

**YOUR
HOT
BODY
PLAN**

**28 DAYS,
MAJOR
RESULTS**

**LESS
STRESS
MORE
HAPPY**

P. 81

**Spring
Beauty
Awards**
Head-to-Toe
Gorgeous!





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(MAY)

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SELF

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Ultimate Sun Protection Lotion Broad Spectrum SPF 50+

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SHISEIDO



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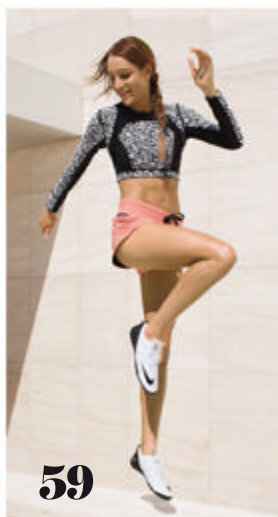
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Photographed by Cedric Buchet in Marina del Rey, California
Styling, Melissa Ventosa Martin; hair, Christian Wood at The Wall Group; makeup, Kate Lee for Chanel; manicure, Kimmie Kyeas at Celestine Agency; prop styling, Colin Donahue; production, Joy Asbury Productions.
CLOTHES Bikini, Michael Kors. See Get-It Guide.

GET THE LOOK
Moroccanoil Dry Shampoo Light Tones, \$26. Chanel Rouge Coco Ultra Hydrating Lip Colour in Adrienne, \$36



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AUTOGRAPH OF LOVE?"

HENRY FINCK, AUTHOR

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Me with beauty game changer (and superstar) Drew Barrymore

EDITOR'S LETTER

AND THE WINNER IS...

Introducing our brand-new SELF Approved Beauty Awards! We tested tons of products (tough work, but someone's got to do it) to pick 75 winners (page 37) that will help you look and feel your best. I know you'll find at least one product soul mate in this bunch. (Mine is Revlon's Ultra HD Lipstick in HD Orchid—the color is so fun.)

We're also recognizing women who are changing the beauty industry, including Drew Barrymore (above, visiting SELF's offices). Drew is the poster child for inner beauty made manifest. She glows with happiness and positivity—with a little boost from her Flower cosmetics line (page 50). It's her outlook that I'd really like to bottle.

Of course, we at SELF are happiest after a good workout. Look no further than our Summer Challenge (page 59) to get your body ready for a season of less-is-more clothes. Perhaps you've heard of our featured trainer, Kayla Itsines? She's only the biggest thing in fitness right now, with 2.4 million Instagram followers and counting. She's transformed the bodies and lives of so many women—check out the before-and-after photos that her fans post. Now she's created an exclusive workout for us. Sign up at Self.com/go/challenge for a daily newsletter of tips to help you get the most out of the program.

I hope this issue inspires you to try something new... Happy May!

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**SELF
APPROVED**

Editors' favorites

Here are a few of the beauty products SELF staffers tested and fell in love with. Find more at Self.com/go/beautyawards.

EYELINER PEN

"The foam tip makes it so easy to create a smudgy, smoky eye."
—Alex Postman, deputy editor
L'Oréal Paris Infallible Smokissime eyeliner, \$10



RED LIPSTICK

"A moisturizing shot of color in a sleek, modern package"
—Barbara Reyes, creative director
Lancôme lipstick in Fuschia in Paris, \$25



TINTED MOISTURIZER

"My secret to perfect skin"
—Dania Ortiz, market and accessories director
La Mer SkinTint SPF 30, \$95



CORAL NAIL POLISH

"Super glossy and great for hands or toes"
—Clara Artschwager, social media manager
Burberry nail polish in Bright Coral Red, \$22



CREAMY CONCEALER

"It instantly covers up dark circles but never looks cakey."
—Emily Rosser, photo editor
Urban Decay Naked Skin concealer, \$28



BLACK MASCARA

"Gives lashes volume, length and separation in a single flick."
—Alexandra Engler, assistant to the editor-in-chief
Maybelline New York Lash Sensational mascara, \$9

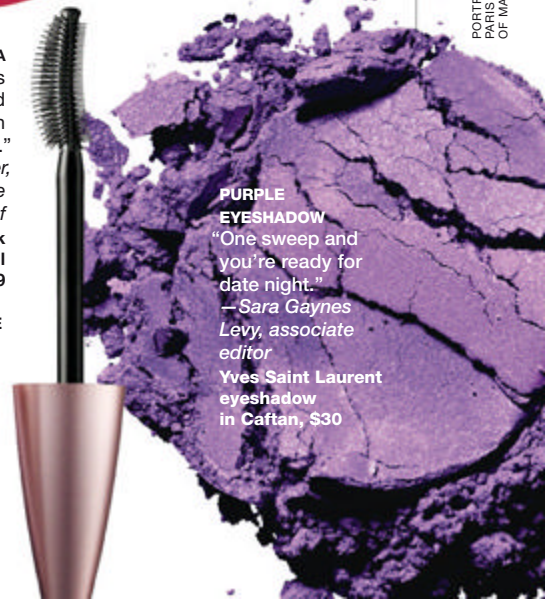


**SEE GET-IT GUIDE
FOR COMPLETE
PRODUCT INFO.**



PURPLE EYESHADOW

"One sweep and you're ready for date night."
—Sara Gaynes Levy, associate editor
Yves Saint Laurent eyeshadow in Caftan, \$30



PORTRAIT: ARIBA ALVI. STILL LIVES: CLOCKWISE FROM TOP: LUCAS VISSER. COURTESY OF L'ORÉAL PARIS. LUCAS VISSER. COURTESY OF URBAN DECAY. JEREMY NELSON/CNP DIGITAL STUDIO. COURTESY OF MAYBELLINE. LUCAS VISSER. JEREMY NELSON/CNP DIGITAL STUDIO. LUCAS VISSER.

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SPORTS BRA
Espalier
HEADPHONES
Wicked Audio

DJ YOUR WORKOUT

→ *A streaming music app is a great way to amp up your next sweat session.*

BY MEG LAPPE

You've had the same Taylor Swift/Lorde/Beyoncé playlist on repeat at the gym all year, right? Us, too. Now you can make your workouts feel new, thanks to bells and whistles in streaming-music apps that let you change things up every time with a perfectly curated mix of songs. Songza recruits popular instructors and boutique studios, like Spinning gym Flywheel, to create playlists so you get studio-caliber tunes while exercising solo. Spotify has developed playlists with sports psychologist Costas Karageorghis, Ph.D., whose studies show that music boosts workout enjoyment while improving performance by 15 percent. And Pandora and RockMyRun pick songs with the ideal beats per minute for whatever activity you choose. Just download one and let the music move you.

→ Find exclusive SELF playlists by Songza and Pandora at Self.com/go/music.

Photographed by EMILIANO GRANADO

HEALTHY NOW

→ *The latest trends and tips to live better this month*

FARMERS' MARKETS 2.0

Can't get to the greenmarket this weekend? Enjoy fresh local produce and handmade products delivered right to your door, thanks to these online services.

Farmbox Direct

(\$37 TO \$59 A BOX)

SHIPS TO Continental United States

HOW IT WORKS Select a box size, get a list of the seasonal organic produce in your weekly delivery and make up to five swaps.

FOUNDER'S PICKS Radishes from Maryland's Homestead Farms, cauliflower from New York's Pedersen Farms

Door to Door Organics

(\$26 TO \$58 A BOX)

SHIPS TO Eleven U.S. states

HOW IT WORKS Sign up for a weekly box of organic produce with related recipes, then add groceries like cheese and bread.

FOUNDER'S PICKS Peaches from Colorado's Ela Family Farms, beans from Pennsylvania's Homestead Coffee Roasters

Good Eggs

(PRICES VARY BY ITEM, \$30 MINIMUM)

SHIPS TO Brooklyn, Los Angeles, New Orleans, San Francisco Bay Area

HOW IT WORKS Discover growers and artisanal producers in your area and buy items that intrigue you—or try a curated sampler box.

FOUNDER'S PICKS L.A.'s Solstice Canyon almond butter, smoked salmon from Shelsky's in Brooklyn



A rack bag (pannier) keeps weight off your neck. \$120; Thule.com

HEADS UP, CYCLISTS

Don't let neck pain ruin your ride. Whether you're on a road bike, a hybrid or a cruiser, here's how to commute more comfortably.

CHECK YOUR SADDLE Sit on your bike while someone stabilizes it. You should be able to pedal backward, hands free, without feeling like you're sliding. "If you're not centered, you tend to push or pull more on the handlebars, which can hurt your upper body," says Seattle-based physical therapist Erik Moen, founder of BikePT.

SHIFT YOUR WEIGHT Avoid messenger bags, which put an uneven strain on your shoulders. Store your items in panniers alongside the bike's rear tire, or put them in a basket over the front wheel.

STRETCH OUT To avoid strain, ride with your head upright rather than out over the handlebars, Moen says. Stretching post-ride helps muscles recover: Try chin-to-chest and ear-to-shoulder bends.

3

DAYS OF
MINDFULNESS
MEDITATION
WILL MAKE YOU
MORE RESILIENT
UNDER STRESS.

SOURCE: CARNEGIE
MELLON UNIVERSITY



SAFER SUPPLEMENTS

Because of the government's loose regulation of dietary supplements, consumers must rely on manufacturers' claims of safety and efficacy. Yet earlier this year, major retailers in New York were accused of selling supplements contaminated with unlisted ingredients. How to make sure your supplements contain what they say they do? Consult **ConsumerLab.com**, which rigorously tests supplements like prenatal vitamins, probiotics and fish oil and publishes its findings. Access to its reports costs \$36 a year—probably less than what you're spending for three months of pills.

CLOCKWISE FROM TOP RIGHT: ANDREW PURCELL; FOOD STYLING, CARRIE PURCELL; JUSTIN STEELE; STYLING, TAYLOR OKATA; HAIR, LAURA DELEON FOR ORIBE; HAIR CARE, MAKEUP, JUNKO KIKKA FOR CHANEL; MODEL, NICOLA AT WILHELMINA; MAKEUP, LISET GARZA AT THE WALL GROUP; MODEL, MORGAN DIXON AT WILHELMINA; PRODUCTION, 3STAR PRODUCTIONS. SEE GET-IT GUIDE.

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MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE.
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FITNESS INSIDER

→ This month's hottest finds and trends will inspire you to get up and moving.

PROTECT

Some of the country's most hard-core gyms are showing off their softer sides with new stand-alone "prehab" sessions. CrossFit NYC, CityRow in NYC and Equinox gyms nationwide offer classes that use foam rollers and stretching to focus on injury prevention, range of motion and flexibility.

travel

Special perks like the ones you've come to expect at ski lodges have arrived at surf hotels. At Andaz Peninsula Papagayo Resort in Costa Rica, guests can be shuttled by boat to off-the-radar spots. Mukul Beach, Golf & Spa in Nicaragua partners with luxe surf company Tropicsurf to fit you for the perfect board to test waves at the resort's private beach. And at Txai Resort Itacaré in Brazil, newbie surfers are schooled in the hotel's pool.



Mukul resort
in Nicaragua



Catching a
wave in
Costa Rica



Txai
resort in
Brazil



Andaz
resort in
Costa Rica



recover

Relieve achy feet post-workout with the 6.5-inch TriggerPoint Nano Roller (\$25; TPTherapy.com). Position at the start of your arch, then slowly inch your foot forward, pausing and breathing when you hit a tender spot. Roll up and down each foot four times.

SHOP

The new must-have activewear brand is out of fitness hot spot Australia. Duskii's color-blocked neoprene suits feel and look great while you swim, surf or SUP. \$230; Duskii.com



lift

"Super slow" weight lifting is the star method at boutique studios like InForm Fitness and SuperSlow Zone gyms nationwide. Try it for one strength session a week: Take 20 full seconds to do each rep until you can't eke out another—aim for 1 set of 6 reps for every move.

STILL LIVES: DEVON JARVIS; STYLING: MELISSA NICOLE BUCK. TRAVEL IMAGES: CLOCKWISE FROM TOP: COURTESY OF MUKUL BEACH, GOLF & SPA; COURTESY OF ANDAZ PENINSULA PAPAGAYO RESORT; COSTA RICA. CORBIS IMAGES.

Your body changes 500+ times a day.
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Adapts&Responds.™
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REPORT

COULD YOU BE DENIED IVF?

➔ *Infertility doesn't discriminate, but insurance companies and state legislatures do—by deciding which women deserve access to treatments.* BY ERIN BRIED

Cynthia Bolin, 35, always knew she wanted to be a mom. Twelve years ago, when she started seeing a fellow grad student, she declared, “I’m going to have a baby one day. If you’re not on board, we should part now.” The couple agreed to a plan, then spent seven years prepping for parenthood, buying a house in Baltimore, paying down their student loans and securing jobs as school psychologists. Natural conception wasn’t an option, so in 2010, they went to a Shady Grove Fertility center, where Bolin’s doctor recommended an IUI, a type of artificial insemination.

Bolin’s insurance covered infertility treatments (only a quarter of large-employer-sponsored plans cover in vivo fertilization, according to a survey by the consulting firm Mercer). But not, as it turned out, in her case. That’s because her partner, Lauren, is a woman. In a later letter, Bolin’s provider, CareFirst

BlueCross BlueShield (which declined to comment for this story), elaborated: “Infertility services are excluded when the service involves the use of donor sperm; the [eggs] must be naturally produced by the member and fertilized with sperm naturally produced by the member’s spouse.”

That last line—call it the husband clause—essentially blocks anyone other than straight, married couples from receiving help getting pregnant. Let that sink in: It forces all other eager parents-to-be, including single women, married lesbians, even some married straight couples with male-factor infertility, to find a way to afford the procedures or give up on their dreams of creating a family this way. “It felt like my insurance company was deeming me unworthy, simply because of who I fell in love with,” Bolin says.

While 15 states have passed mandates compelling insurance companies to at

least offer plans that cover infertility services, four of them—Texas, Arkansas, Hawaii and Maryland—include a husband clause, meaning you can get the benefits only if you’re legally married to a man. (Coverage is optional everywhere else.)

“Even if a lesbian or single woman in these states needed in vitro fertilization because of medical infertility, like a blocked fallopian tube, she still wouldn’t be able to access care, because she’s using donor sperm,” says Barbara Collura, president of Resolve, an infertility advocacy group. “It’s discrimination, and it should be challenged in court,” adds Cathy Sakimura, family law director at the National Center for Lesbian Rights.

The husband clause isn’t the only barrier blocking large groups of women from receiving care. Since there is no standard definition of infertility, insurance providers make up their own. Many

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call it the inability to conceive after a year of frequent unprotected heterosexual sex. Straight married women must only vouch for their active-but-fruitless sex lives for coverage to kick in. But “when insurance companies ask single women or same-sex couples if they’ve been trying to conceive through frequent unprotected sex with a man and they say no, they’re generally automatically denied,” Sakimura says. (In 2013, California passed a law making it illegal to deny access to infertility coverage to unmarried or same-sex couples.)

Critics argue that the lack of a male spouse doesn’t mean you’re medically infertile, and therefore coverage shouldn’t be required. And in some cases, couples are allowed to provide doctor-verified documentation that they’ve already tried between 6 and 12 rounds of artificial insemination without success. But with donor sperm costing roughly \$800 per vial, that means unmarried women and married lesbians must bear not only the emotional weight of infertility but also a heavy financial one—as much as \$12,000—before gaining access to coverage.

This burden of proof is unfair. “Do we actually expect single women to run the risk of having frequent unprotected sex just to first demonstrate their need for coverage?” asks I. Glenn Cohen, a Harvard law professor who specializes in bioethics. “And I’m not sure why we’d think a lesbian is more morally responsible for her inability to conceive a child on her own than the woman who is born infertile or has become infertile. Imagine if insurance companies started to require documentation as to why you’re infertile, and if it’s due to, say, an STD, as it is for many women, then they refused to help. We wouldn’t stand for that!”

Bolin and her partner (now wife, since Maryland passed marriage equality) paid for the IUI (\$1,600, plus \$1,200 for sperm) out of pocket. It didn’t work, so they tried again, spending about \$6,000, mostly on credit cards. In January 2011, their son Oliver was born. In 2014, after two more rounds of IUI, neither covered by CareFirst, they welcomed their second son, Benjamin. Beneath their overwhelming joy, some frustration lingers. “If you think it’s every woman’s right to have a baby, then every woman should be covered,” Bolin says. “Otherwise, who has the power to say one woman can have a baby and another can’t?” ●

WHICH IS BETTER...



A “CHEAT DAY” ONCE A WEEK or A LITTLE TREAT EVERY DAY?

ENJOY SMALL SPLURGES. “A food cheat day can get out of hand,” says Lori Williams, R.D., a dietitian at Ohio State University’s Wexner Medical Center. You could end up consuming as much as 2,000 additional calories, and then there’s the bloating, GI issues and guilt. On the other hand, having a small portion (about 100 to 150 calories) of something delicious every day makes you less likely to feel deprived. (Trying to lose weight? Indulge three days a week.) “Life’s too short to live without the food you love,” Williams says.



WHICH IS WORSE...

SKIPPING A DENTAL CLEANING or YOUR YEARLY PHYSICAL?



DON'T NEGLECT YOUR TEETH.

Missing that semi-annual cleaning can increase your risk of stains and decay. And if you’ve had bleeding gums

or cavities in the past, it’s even more important to stay on top of your dental health in order to avoid new problems, says Mark Wolff, D.D.S., professor at

New York University. You can skip your annual physical if you’re healthy (i.e., you exercise, eat well, don’t smoke and don’t have any major health conditions like diabetes or a family history). Just be sure to keep up with preventive screenings, says Tara Narula, M.D., assistant professor at Hofstra University in New York. For young women, those include a cholesterol blood test every five years, a blood-pressure check every one to two years and a Pap smear every three to five years.



Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. A one-ounce handful has 13g of unsaturated fat and only 1g of saturated fat.

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CORE WORKOUTS

➔ *Yes, all pilates and yoga sessions will strengthen your middle. But these classes take it to a new level with their addictive blend of ab-zinging moves, magnetic instructors and never-want-to-leave studios.*

Hot Pilates

WEST HOLLYWOOD, CALIFORNIA

The must-try core classes in this new studio, kept at 95 degrees and scented by citrusy Malin+Goetz candles, are Pilates Barre (pictured above) and Yoga-lates. Each maxes out at 25 students, allowing instructors to tailor every workout. The studio sells juices and coconut and aloe vera waters, and classes include yoga mats and free parking—a major score in L.A. *Reporting by Kelly Mickle*

CorePower Yoga

DENVER

A mecca for athletic yogis, the popular studio is now in 12 states. Each session has a core focus—including a killer abs series. The intro deal (a week of free unlimited classes) is a steal. *Reporting by Liz Plosser*

Firebrand Sports

PORTLAND, OREGON

In Pyrolates, students use their abs to maintain tension in their megaformer's springs and straps as they quickly transition between moves (plank to pike, lunge to biceps curl). *Reporting by Juno DeMelo*

Healthworks

CAMBRIDGE, MASSACHUSETTS

The popular 90-minute Slow Flow Vinyasa class at this women-only studio kicks off with moving planks that gently wake up your abs—but expect them to be on fire soon. Mercifully, beloved instructor Bo Forbes ends class with self-massage recovery exercises, using props like tennis balls.

Reporting by Sara Gaynes Levy

Hilliard Studio Method

CHARLOTTE, NORTH CAROLINA

When you think you can't hold a plank for one more second, your instructor at the always-full Beyond Barre class urges you to hold it longer...and longer. Now imagine that for every move in the class. But the flat-belly payoff speaks for itself. *Reporting by Blake Miller*

Lithe Method

PHILADELPHIA

The 60-minute Waspie class includes mostly standing core moves (think waist-carving rotations, hip swirls and swivel kicks) that isolate abs. But that's only half the story: You do exercises while holding on to a band that's attached to the ceiling—all the better to increase the resistance.

Reporting by Ashley Primis

Pure Yoga

NEW YORK CITY

The vibe is blissfully Zen here, but the tummy-toning Pure Cross-Training class veers intensely athletic with its plyometric and cardio drills. Prepare for ab-quivering medicine ball moves and a partner-based core series.

Reporting by Anna Maltby

SLT

NEW YORK CITY

The studio's name stands for "strengthen, lengthen and tone," and that's exactly what happens in 50- or 65-minute megaformer classes. Nine locations serve up bikini abs to the legions of fans who know the hard work is worth the effort. *Reporting by Meg Lappe*

Steadfast and True

NASHVILLE

Students get some serious abs action in the Mix Up class, thanks to core-recruiting arm balances and inversions. Fittingly for Nashville, many instructors are singers, so you may get a live performance in class. *Reporting by Courtney Rubin*

Yoga Shelter

LOS ANGELES

Rob Woollard's popular Fusion class includes core-tastic flow moves, like a single-leg push-up into Downward Dog. Class is set to rap, folk or rock tunes, depending on the day. *Reporting by Janet Lee*

Smooth ON THE sunshine



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BE FLAVORFUL



HOT IN HOLLYWOOD

➔ Two trends that stars are loving right now BY SARA GAYNES LEVY

FARM-TO-DOOR FOOD

Paleta

Actresses **Shay Mitchell** and **Malin Akerman** get fresh, seasonal dishes delivered from this service—which runs about \$50 per day for meals and snacks, customized for dietary restrictions. Paleta.com ships to California, Arizona and Nevada, but anyone can try this tasty spring entrée:

Lemon Shrimp & Vegetable Pasta

SERVES 4

Heat oven to 400°. Toss 1 lb peeled, deveined shrimp with ½ tbsp olive oil, juice of 1 lemon, 1 tsp red pepper flakes, ½ tsp paprika and a pinch of salt and black pepper. Set aside. Toss 4 cups sliced carrots, tomatoes and zucchini with ½ tbsp olive oil and a pinch of salt and black pepper. Place veggies and shrimp on a sheet pan; roast 10 minutes. Prepare 8 oz quinoa pasta per package instructions. Drain and toss with 1 cup fresh peas and ½ cup chopped basil. Divide among 4 plates. Top with shrimp and veggies; garnish with Parmesan and torn basil.



OUTSIDE-IN YOGA

Yogascape Celeb instructor Steven Metz, whose clients include **Penélope Cruz** and **Renée Zellweger**, projects panoramic nature-inspired scenes as a backdrop for his heated Vinyasa class. “I wanted to bring the beauty of different environments into class for an immersive reality,” Metz says. “It’s perfect for L.A.— moviemaking magic in the yoga studio.” EarthPowerYoga.com



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BERMUDA TIME

→ *With dressy details, the new long shorts aren't just for vacay.*

BY SARA GAYNES LEVY

Here's a style shortcut: This season, it's all about Bermudas. Designers as varied as Christian Dior and J.Crew have updated the warm-weather staple for evening with chic tailoring and sheer mesh panels. In a wide, board-short cut, the look is tomboy-inspired but still plenty polished. To wear it well (and keep legs looking long), make sure your hem hits above the knee and pair with heels. Add a maillot-inspired tank, fun earrings and a graphic bag, and the look reads just right for night.

SHORTS \$325, and **TANK** \$215, ICB; 212-997-3600 **EARRINGS** \$175; ToryBurch.com
BAG \$895, and **SHOES** \$595; 31PhillipLim.com

Photographed by BRIAN HIGBEE
Styled by LINDSEY FRUGIER



THE ROUNDUP

ACTIVE DUTY

→ *Utility-inspired looks move up in the style ranks with modern cuts and pops of leather and gold.*

1. **TOP** Marissa Webb, \$498; IntermixOnline.com **BELT** \$50; Lacoste.com 2. **BAG** \$1,995; MichaelKors.com for stores 3. **SANDALS** Max Mara, \$575; 312-475-9500 4. **SKIRT** \$280; Cocurata.com 5. **BAG** Diesel Black Gold; 212-966-5593 for similar styles 6. **SLIDES** Isa Tapia, \$395; Shopbop.com 7. **TOP** Derek Lam 10 Crosby; 646-747-4647 for similar styles 8. **HEELS** \$595; PaulSmith.co.uk 9. **BAG** Marc Jacobs, \$2,450; MarcJacobs.com for stores 10. **NECKLACE** \$560; AcneStudios.com 11. **WATCH** \$750; Shinola.com 12. **SUNGLASSES** Emporio Armani, \$160; Armani.com 13. **BAG** \$3,400; Gucci.com



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Restoin
Roitfeld in her
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MOISTURIZER \$160, and
SERUM \$310; LaMer.com



"The first thing I usually put on each morning is a robe."
ROBE \$550; Agent Provocateur.com



"I think mornings are best for cuddles with Romy. I love it when it's just the two of us."



"I love classes at Ballet Beautiful—and the outfits are nice, too!"
LEOTARD \$84, and
SHORTS \$56, KD Dance;
KDNewYork.com



"I wear prints in summer. My look is very girly."
HEELS Stuart Weitzman, \$535; Shopbop.com

UP & OUT

➔ Art director and model **Julia Restoin Roitfeld** tells us how she and her young daughter jump-start their days.

"I don't need an alarm clock!" says Julia Restoin Roitfeld, 34, who instead has her 3-year-old, Romy, to deliver her unofficial 7 A.M. wake-up call. While Restoin Roitfeld answers work email in bed—she's the founder of lifestyle site Romy and the Bunnies, geared toward new moms—Romy watches a cartoon. Next, "I have my coffee, she eats her breakfast, and we snuggle," she says. Then the pair head out: Romy to school or toddler gym class, Restoin Roitfeld to Ballet Beautiful to get in a quick body-toning session before starting her workday. "I try to organize my morning so I can spend time with Romy," she says. "You don't need a lot of quiet moments, you just need good quality."

3 things that get her up and out

1/

2-FOR-1 BREAKFASTS

"If I make Romy scrambled eggs, I'll have the leftovers with fresh juice."

2/

A CAFFEINE BOOST

"I have a coffee at home, then get an almond-milk latte when I go out."

3/

A QUICK BLAST "I wash my hair every other day, blow-dry it just a little, then let it air-dry. No style is my hairstyle."



A woman with long reddish-brown hair is lying on her side on a plush red sofa, which is placed on a green lawn in a park. She is wearing a light-colored long-sleeved shirt and khaki pants. In the background, a man in a teal shirt and jeans is walking towards the camera, and two children, a girl in a plaid shirt and a boy in a yellow shirt, are playing with a baseball. The scene is set in a lush green park with many trees.

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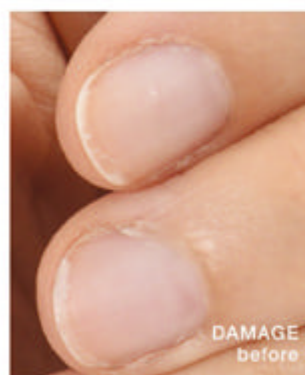
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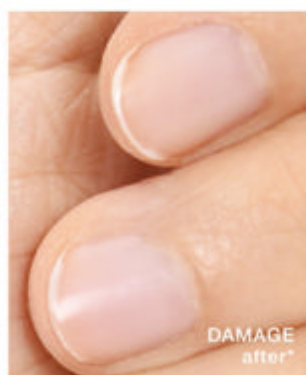
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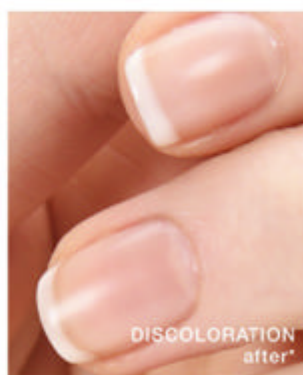
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Illuminating powder

Givenchy's pastel-hued powders set makeup and boost radiance in one swoop.

Givenchy loose powder in #1 Mousseline Pastel, \$53

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BEAUTY AWARDS

A beauty routine is like a workout: You want to see results! We tested the newest products to find ones that will meet your goals (from detoxing to hydrating)—and even exceed your expectations.

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BEAUTY AWARDS

BRIGHTEN

A pop of color—whether it comes in the form of hot-red lipstick, bold nail polish or shiny blonde highlights—instantly perks up your look. Here, eight finds that deliver the perfect boost.

Electric eyeshadow

Shiseido's silky cream blends in easily to make eyes stand out.

Shiseido cream eyeshadow in Lavande, \$25

Scarlet nail polish

This Dolce & Gabbana lacquer is as sexy as a little red dress.

Dolce & Gabbana nail polish in Scarlett, \$26

Berry lipstick

It's got a high-impact semimatte finish but won't dry out your lips.

GlossiGirl lipstick in Kick'n Ass, \$19

Poppy blush

Brush this on for a healthy, well-rested glow.

Chanel powder blush in Crescendo, \$45

Highlighting shampoo

Orbè's violet shampoo cancels out brassiness, so blondes shine better.

Orbè Bright Blonde Shampoo for Beautiful Color, \$44

Ultraviolet nail polish

OPI's new three-step gel system lasts 10 days—no chips, no UV lamp required.

OPI nail polish in Grapely Admired, \$13

Shimmery gloss

Most lip glosses fade too fast, but this rich coral has serious staying power.

Michael Kors lip gloss in Fire Coral, \$24

Orchid lipstick

Revlon's unique gel formula goes on sheer to flatter all complexions.

Revlon lipstick in HD Orchid, \$9



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BEAUTY AWARDS

Exfoliating mask

This oil-absorbing mask can also be buffed into wet skin for a quick and easy scrub.

Estée Lauder Clear Difference Purifying Exfoliating Mask, \$40

Clarifying shampoo

A minty shampoo rids hair of impurities but doesn't dry it out.

John Frieda Beach Blonde Purifying Shampoo, \$10

DETOX

Every hair and skin type needs a regular deep clean. These must-haves thoroughly purify your scalp, complexion and more.

Mud mask

Glossier calls its putty a "juice cleanse" for your face: It's packed with microgreens and white clay to remove debris.

Glossier face mask, \$22

Acne spot treatment

Shiseido's salicylic acid gel cools skin to treat and calm stress-induced breakouts.

Shiseido Ibuki Multi Solution Gel, \$38

Bodywash

This refreshing gel lathers up easily but, thanks to ground oatmeal and seaweed extracts, won't irritate.

Aveeno Positively Nourishing bodywash, \$7

Face cream

Darphin's cream has probiotics to preserve skin's natural flora and balance any complexion.

Darphin Exquisâge cream, \$135

Eye soother

Freeze these cucumber-spiked cubes, then glide them on to depuff swollen lids.

Peter Thomas Roth Cucumber De-Tox Eye-Cubes, \$50



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Blur cream

Elizabeth Arden's golden cream softens fine lines and prevents future ones with potent antioxidants.

Elizabeth Arden Prevue Wrinkle Smoother, \$72

Lipcolor

This balmlike stick is mega moisturizing to fend off dryness.

By Terry lipstick in Nude Pulp, \$36

PROTECT

UV rays, pollution, free radicals...there are some serious skin aggressors we need to defend against. These essentials help you ward off environmental damage and look great.

Sunscreen

Clarins's featherweight SPF 50 shields skin from ultraviolet light and toxins.

Clarins UV Plus Anti-Pollution Broad Spectrum SPF 50, \$42

Eye illuminator

This highlighter fights stubborn dark circles with a hefty hit of 10 percent L-ascorbic acid (aka vitamin C).

Onomie A.C.E. Illuminating Eye Treatment in Curie, \$32

Makeup primer

This SPF-spiked primer combats dullness, so skin glows like it's been lit with a Valencia filter.

Shiseido Glow Enhancing Primer SPF 15, \$30

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Waves spray

Bumble and Bumble's newest surf spray has a mix of oils (coconut, mango seed, passion fruit) that gives hair an irresistible sheen.

**Bumble and Bumble
Surf Infusion, \$29**

Softening essence

What is an essence? You layer it under serum or cream for an extra shot of hydration—this one has hyaluronic acid and caffeine to make skin plump and dewy.

**Clinique Turnaround
Revitalizing Lotion, \$34**

Day cream

This creamy gel hails from Korea (the latest capital of skin-care innovation) and relies on an ancient herb to nix dryness.

**Belif The True Cream—
Aqua Bomb, \$38**

HYDRATE

Healthy hair and skin crave replenishment! Here, every nourishing product you need in your arsenal, from a cult micellar cleanser that seals in moisture to an oil-infused beach spray.

Gentle face cleanser

Simple's micellar water effectively removes build up without stripping away natural oils.

**Simple Skincare Micellar
Cleansing Water, \$7**

Shine-boosting shampoo

Davines's sulfate-free wash contains provitamin B₅ to hydrate hair (and keep color from fading).

**Davines Minu
Shampoo, \$25**

Face oil

Rich in anti-inflammatory blue tansy and retinol, this genius oil both smooths and firms.

**Sunday Riley Luna
Sleeping
Night Oil, \$105**

ATTRACTION IS ON

2 STEPS
TO TOTAL
GEL ENVY

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INSTANT FOR HANDS
TO TOUCH AND HEARTS
TO FALL IN LOVE."

J. LUKE, WRITER

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BEAUTY AWARDS

Eyeshadow palette

It contains 10 shades, from pale peach to shimmery deep brown, so you can create myriad eye looks.

Lorac eyeshadow palette in Unzipped Gold, \$42

Eyeshadow duo

Tom Ford's glamorous invention packs two textures in one pod: a color-rich cream shadow for day and a sparkly powder for night.

Tom Ford eyecolor in Golden Peach, \$60

MULTITASK

Who has time for a complicated regimen? These do-it-all products lighten your beauty haul and get you out the door in no time.

Lip and cheek crayon

Ulta's windup stick delivers a rosy color that looks great all over (even on your lids!).

Ulta color stick in Peachy, \$10

Hair pomade

Use this gilded pomade to add a metallic streak—and a touch of super shiny hold—to any hairstyle.

Redken Metal Fix 08 metallic liquid pomade, \$25 for two

Bronzer

Physicians Formula's powder gives you a sun-kissed look and boasts argan oil to increase hydration.

Physicians Formula Argan Oil Bronzer, \$15

Blush set

Apply these colors two ways: dry for a soft pop of pigment, or wet for a more intense effect.

Nars blush in Panic, \$45



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BEAUTY AWARDS

MORE WINNERS!

BRIGHTEN

From a face serum that illuminates to a hair leave-in that adds shine, here's what delivers dazzling results.



StriVectin
Illuminating Serum,
\$89



CoverGirl lipstick in
Champagne, \$6



Clé de Peau
Beauté Brightening
Eye Serum, \$120



Perricone MD
highlighter, \$35



Marc Jacobs
gel eyeliner in Blue
Me Away!, \$25



Aloxxi Essential
7 Oil Restorative
Hair Serum, \$35



Dr. Andrew Weil
for Origins Mega-
Bright Night Mask, \$55

DETOX

Oh, the many ways to detox: Try an exfoliating bar soap, a gentle peel, a body cream that stimulates circulation...



Matrix Biolage
Cleansing Conditioner
for Medium Hair, \$13



Erno Laszlo White
Marble Treatment
Bar, \$45



GlamGlow
Powercleanser
Cleanser, \$39



Garnier Clarifying
Cleansing Gel, \$8



Boscia Exfoliating
Peel Gel, \$34



Dr. Brandt
Cellusculpt, \$59



Clear Scalp & Hair
Daily Conditioner, \$6

PROTECT

These are your bodyguards to stop frizz in its tracks, prevent color from fading and beat dry skin (with SPF protection!).



Clairol Professional
iThrive Color Vibrancy
Treatment, \$9



Burt's Bees Renewal
Firming Day
Lotion SPF 30, \$20



Jane Iredale
HandDrink Hand
Cream, \$29



Garnier Fructis
Full & Plush Ends
Plumper, \$6



Tresemmé Youth
Boost Fullness
Emulsion Spray, \$7



Algenist
Repairing tinted
moisturizer, \$42



Kardashian Blow Dry
Cream, \$13

HYDRATE

Stay moisturized with an oil-based conditioner, a dewy overnight mask, a serumlike foundation and much more.



Nivea Cocoa Butter
Lip Butter, \$4



Neutrogena Eye
Gel-Cream, \$19



Nexus New York
Salon Care Oil Infinite
conditioner, \$17



Olay Regenerist
Overnight Mask,
\$26



Vaseline
Intensive Care body
serum, \$8



Pantene Pro-V Daily
Treatment, \$5



DiorSkin Sérum
Foundation, \$53

MULTITASK

Meet the CrossFit stars of your routine: These hair, skin and makeup wonders both boost and perfect in a single session.



L'Oréal Paris
Color Revitalizing
Treatment, \$9



Rimmel London BB
Radiance Cream,
\$7



Giorgio Armani
bronzer in #90,
\$64



Dove
Youthful Vitality hair
cream, \$6



Guerlain Baby Glow
foundation, \$54



Jergens BB Body
Cream with
Sunscreen, \$13



Fekkai Après Soleil
Crème, \$20

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BEAUTY AWARDS

THE GAME CHANGERS

These mega successful entrepreneurs make beauty a personal thing. BY DEVIN TOMB



Drew Barrymore

FOUNDER OF FLOWER

Barrymore has spent many hours in the makeup chair, racking up industry secrets. With all that know-how, she created Flower, a beauty line that ranges from lip glosses to makeup brushes—and makes it easy for any woman to look polished in seconds. Her fave product: the D.B. Daily Brightening Undereye Cover Crème (\$9). “As a mother of two, I was looking like the Crypt Keeper. This primer neutralizes the blue and purple tones under your eyes,” she says. The 40-year-old knows the beauty biz but still turns to her father-in-law, Arie Kopelman, the vice chairman of Chanel, for guidance. “He’s said to me, ‘Look around and tell me what you see—and then, more importantly, tell me what you *don’t* see. Do that.’ It’s the best advice I could’ve imagined.”

Flower Lip Radiance High Shine Lip Lacquer in Cherry-O!, \$8



Aerin Iris Meadow Body Cream, \$58

Aerin Lauder

FOUNDER AND CREATIVE DIRECTOR OF AERIN

Some kids bring their pets to school, but Lauder—granddaughter of the famed Estée—brought beauty products to show her friends. “We’d sneak into the bathroom to try the latest lipstick!” she recalls. That early fascination inspired Lauder to launch her Aerin line in 2012, which she says is based on “essentials and what women really need in their makeup bags.” Whether it’s the perfect blush or floral body cream, Lauder samples and dabs on everything. But only a few make the cut. As she notes, “You don’t need too many products to create a beautiful, clean and effortless look.”



CLOCKWISE FROM TOP RIGHT: DIEGO UCHITEL, LUCAS VISSER (3), MIKE ALLEN, COURTESY OF AERIN (2).



Dineh Mohajer

COFOUNDER AND CREATIVE DIRECTOR OF SMITH & CULT

Mohajer first rose to beauty fame after turning a sky blue nail polish (mixed to match a pair of sandals) into a \$10 million business in one year: Hard Candy Cosmetics. Mohajer’s new venture, Smith & Cult, is also polish-focused and rooted in real life. The range of 30-plus shades is inspired by everything from Mohajer’s own diary entries to *Valley of the Dolls*. And the dented bottle caps? A statement from Mohajer that imperfections “can still be beautiful,” she says.



Smith & Cult Nailed Lacquers in Porn-A-Thon, Beat Street and The Graduate, \$18 each



GET TO KNOW SOME OF THE BLOGGERS BEHIND OUR SELF MADE COLLECTIVE



Photo Credit: Buzz Wiggins



Photo Credit:
Brooke Alexandra Photography



Photo Credit: Mary Costa

1 JEN PINKSTON
of The Effortless Chic
TheEffortlessChic.com
[@JenPinkston](https://twitter.com/JenPinkston)

2 NATALIE DECLEVE
of Natty Style
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HEALTHY SKIN REPORT

HERE COMES THE SUN!

→ The latest wave of sun protection is smarter than ever—and goes on nearly invisible. These SPF innovations will get you ready for the rays.

BY KARI MOLVAR

Omorovicza Mineral Shield UV Shield SPF 30, \$125



1 SUNSCREENS WITH SERIOUS SKIN-CARE BENEFITS

New sunscreens for your face do way more than shield your skin—they also rival your most effective antiaging creams and treatments. Dr. Dennis Gross Skincare Dark Spot Sun Defense Broad Spectrum SPF 50 (\$42) contains melatonin

and a triple dose of vitamin C to prevent age spots and fine lines. The botanicals in Estée Lauder Crescent White Full Cycle Brightening UV Protector SPF 50 (\$50) calm skin-damaging irritation. Tatcha Silken Pore Perfecting

Sunscreen Broad Spectrum SPF 35 (\$68) increases collagen to tighten pores. And for an instant beauty boost, Omorovicza Mineral Shield UV Shield SPF 30 (\$125) contains light-reflecting minerals that soften imperfections.

Estée Lauder Crescent White Full Cycle Brightening UV Protector SPF 50, \$50

2

SPFS THAT WORK WITH YOUR HAIR & MAKEUP

One of the most annoying of all #SunscreenProblems is figuring out how to apply the stuff over makeup—and to your scalp. (Who wants to look oily?) Now there are better solutions: The SPF 50 face mist by Supergoop! has antioxidant-rich rosemary extract to seal your makeup, minimize shine and soothe redness. Stash it in your gym bag or beach tote so you can stay pretty and protected on the go. Another essential for sunny days: leave-in conditioner and hair gel from Nios Shield, which offer SPF 15 and absorb quickly, with no greasy residue. Their blend of argan oil, protein and vitamins fights frizz. (Want even more protection? Nothing beats a hat, notes dermatologist Anne Chapas, M.D.)

Nios Shield Whipped Hair Gel, \$26; Supergoop! Defense Refresh Setting Mist SPF 50, \$28





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THE HEALING
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3 SPORT FORMULAS THAT CAN TACKLE ANY WORKOUT

The newest sport SPF's have next-level endurance. Shiseido Ultimate Sun Protection Lotion SPF 50+ WetForce (\$40) reacts with ions in sweat and water to adhere to skin. Neutrogena CoolDry Sport Sunscreen Sprays (\$10 to \$12) create a meshlike shield that lets perspiration evaporate (dermatologist Jeannette Graf, M.D., likes them). And L'Oréal Paris Advanced Suncare Invisible Protect Clear Cool Lotions (\$10 to \$11) refresh you with peppermint.

4 PRODUCTS THAT FIGHT STEALTH DAMAGE

Most SPF's protect against both UVA and UVB light, but experts are increasingly concerned about the dangers of infrared radiation, too. This type of light generates heat on your skin, which can unleash free radicals. "It's an area we're still learning about, but we suspect it causes cellular damage and leads to the breakdown of collagen," says dermatologist Julie Karen, M.D. Your best defense: sunscreen with potent antioxidants to neutralize free radicals, such as La Roche-Posay's serum with vitamins C and E.

La Roche-Posay
Anthelios AOX Daily
Antioxidant Serum
with Sunscreen, \$43



5 SMART SUN APPS AND ACCESSORIES

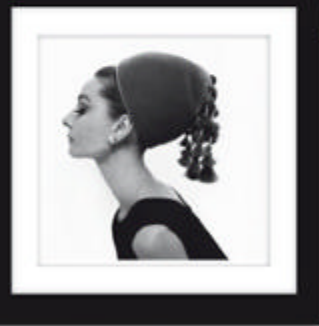
SUNZAPP Developed with funding from the National Cancer Institute, this free app tracks the UV forecast and alerts you when it's time to reapply your SPF. Sonzapp.org
JUNE BY NETATMO What looks like a jeweled bracelet is actually a UV sensor that sends personalized advice to your smartphone, like when to avoid the sun and what SPF is right for you. \$129; Netatmo.com
SPOT SKIN CANCER UV WRISTBAND
This turns orange when UV rays are at their strongest—a handy reminder to seek shade or re-up on sunscreen.

Spot Skin Cancer
UV Wristband, \$5
donation; [AAD.org/
SpotSunBands](http://AAD.org/SpotSunBands)



GUILLAUME REYNAUD/FOLIO-ID. STILL LIVES. FROM LEFT: COURTESY OF LA ROCHE-POSAY. LUCAS VISSER.

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(SELF)

MOTIVATE

SUMMER CHALLENGE

→ *Transform your body in four weeks—it can be done! Just follow this plan, created by star Aussie trainer **Kayla Itsines** exclusively for SELF.* BY LIZ PLOSSER

“Women all over the world are proving every day that they can change their bodies,” says Kayla Itsines (right), the world-famous trainer from Adelaide, Australia. Itsines would know: Her Instagram, @kayla_itsines, is packed with awe-inspiring before-and-after photos of her followers. She’s helped millions get lean and sculpted through both social media and her *Bikini Body* e-books, and now she’s developed a four-week challenge exclusively for SELF. You’ll mix and match 10-minute circuits that tone your abs, arms and butt while blasting calories. Start today to become your own before-and-after story.

SPORTS BRA Victoria's Secret Sport
SHORTS, SHOES Nike **WRISTBAND** Adidas

Photographed by STEVEN BRAHMS
Styled by LINDSEY FRUGIER

The art of the circuit

"My plan is built around 10-minute blasts that incorporate jumping moves—my favorite way to train!—to help you feel fitter, stronger and healthier," Itsines says.

CIRCUITS After a 5-minute cardio warm-up, choose one circuit, cycling through the moves as many times as you can with good form, for 10 minutes. (Break if necessary.) Rest 90 seconds; do a second circuit. While each one works your whole body, three circuits give specific areas extra attention.

CARDIO On noncircuit days, do your favorite cardio for 30 to 40 minutes (dance, cycling, running...it all counts).

WEEK 1

Do two circuits back-to-back on two days. (Say, arms and abs on Monday; full body and butt on Thursday.) Also do two or three cardio workouts.

WEEK 2

Do two circuits back-to-back on three different days. (Make sure you hit all circuits at least once.) Also do two or three cardio workouts this week.

WEEK 3

Do two circuits back-to-back on three different days. (Make sure you hit all circuits at least once.) Also do two or three cardio workouts this week.

WEEK 4

Do two circuits back-to-back on four different days. (Do each twice, or repeat your favorites.) Also do one or two cardio workouts this week.

ABS CIRCUIT

1/ SNAP JUMP

Do 20 reps.

Crouch, hands on floor in front of you, wrists directly under shoulders, abs engaged. Place your weight on hands and jump feet back into a high plank. Jump back to start for 1 rep.

2/ SIT-UP WITH TWIST

Do 20 reps.

Lie faceup, hands behind ears, elbows out. Keep legs straight and feet close together without touching as you raise upper body off floor, straightening left arm and reaching it toward right knee. Reverse to return to start for 1 rep. Repeat on opposite side.

3/ JACKKNIFE

Do 20 reps.

Lie faceup, arms extended overhead on floor. Keep arms and legs straight—and torso on floor—as you lift them simultaneously. Keeping abs engaged, reach forward and touch shins. Lower to start for 1 rep.

4/ X MOUNTAIN CLIMBER

Do 40 reps.

Start in a plank, wrists directly under shoulders. Lift left leg and drive knee forward (as shown below), pulling it to right elbow. Return to start for 1 rep. Repeat on opposite side.



I've always loved sports. I'm inspired by how elite athletes work out, so I came up with my own spin on how they train."



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great legs &

ARMS

CIRCUIT

- 1/ DROP PUSH-UP**
Do 15 reps.
Crouch, hands on floor in front of you, wrists directly under shoulders. Place your weight on hands and jump feet back into a plank. Lower to floor as close as you can, then push back up; jump back to start for 1 rep.
- 2/ SQUAT AND PRESS**
Do 15 reps.
Stand with feet shoulder-width apart, a 10- to 20-pound medicine ball at chest. Bend knees 90 degrees, keeping knees behind toes. Stand and raise ball overhead. Lower ball to chest for 1 rep.
- 3/ COMMANDO**
Do 24 reps.
Start in a plank on forearms. Keep hips still as you push up to a high plank, one side at a time, balancing on palms. Lower onto forearms, one side at a time, for 1 rep. Continue, starting with a different arm each time.
- 4/ LIE-DOWN PUSH-UP**
Do 15 reps.
Lie facedown, arms overhead on floor, palms down. Bend elbows so palms are even with chest. Keep elbows close to body and spine straight as you do a push-up. Return to start for 1 rep.

BUTT

CIRCUIT

- 1/ X HOP**
Do 24 reps.
Squat with feet shoulder-width apart, knees bent 90 degrees, hands on hips. Jump left foot forward and right foot back into a lunge (left knee behind toe). Jump back to start for 1 rep. Switch legs; repeat.
- 2/ SUMO SQUAT JUMP**
Do 15 reps.
Stand with feet wider than shoulder width, toes out 45 degrees. Squat past 90 degrees, fingers touching floor in front of you. Jump. Land softly and lower back into a squat for 1 rep.
- 3/ LUNGE AND LIFT**
Do 30 reps.
Stand with feet hip-width apart. Step right foot back into a lunge. Push off left foot as you lift right leg and drive knee forward past hips (swing arms for balance). Return to start. Do 15 reps. Switch sides; repeat.
- 4/ TUCK JUMP**
Do 15 reps.
Stand with feet shoulder-width apart. Bend knees 90 degrees; extend arms in front of you at shoulder height. Jump as high as you can, tucking knees and elbows to core (as shown at right). Land softly, bending knees, for 1 rep.



PEACH SPORTS BRA
Lorna Jane GRAY
SPORTS BRA Phat
Buddha SHORTS
2XU SHOES Puma

FULL-BODY

CIRCUIT

1/ SPLIT JUMP

Do 20 reps.

Start in a high plank with legs together. Jump feet out to side as far as you can, keeping abs engaged. Jump them back together for 1 rep.

2/ BURPEE JUMP

Do 15 reps.

Stand with feet shoulder-width apart, knees bent 90 degrees. Jump, propelling yourself upward and forward, landing in a squat. Place hands on floor in front of you. Jump feet backward into a plank. Jump feet in and return to start for 1 rep.

3/ SKIPPING

Do 100 reps.

Stand with feet shoulder-width apart, holding handle of a jump rope in each hand, rope behind feet. Swing rope up and over body. As rope falls to floor, quickly jump to allow it to swing under feet for 1 rep.

4/ X JUMP

Do 24 reps.

Stand with feet shoulder-width apart, knees bent 90 degrees. Reach left hand to right foot, twisting through upper body only. Jump, clapping hands in front of chest; land in a squat for 1 rep. Repeat on opposite side.

Let's motivate!

"No one ever finishes a workout and thinks, I wish I hadn't done that," Itsines says. Still, your fitness fire can wax and wane on a weekly, and sometimes daily, basis—it even happens to her. Here's how Itsines keeps herself (and now you!) going strong all month long.

WEEK 1

Take a photo in workout clothes. "Use it as a baseline to compare to progress shots every one to four weeks," says Itsines. "So inspiring!"

WEEK 2

Set a goal *after* the goal. "Having a second goal beyond toning up or getting fitter—say, doing a color run—will keep you engaged in the plan when you need a boost," Itsines says.

WEEK 3

Get new gear. Depending on your mind-set, you're already—or only—halfway there. Fitness loot can be a fun motivator. "I feel so good in new shoes that I want to work out!" Itsines says.

WEEK 4

Make it stick. You may feel your resolve fizzling. "Remember: Motivation doesn't last forever, but discipline does," Itsines says. Preview your week to find pockets of time for exercise.



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PANTS Outdoor Voices
WRISTBANDS Nike
SHOES Under Armour



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silky
radiant
skin



Moroccan Infusion
body wash and lotion



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SEE KAYLA IN ACTION Watch
behind-the-scenes video when you
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SELF Plus app. Details, page 2.

SHIRT, SHORTS
Lululemon Athletica
SHOES Nike

HAIR AND MAKEUP: JOHN MCKAY AT DEFACIO FOR CHANEL LES BEIGES POWDER;
PRODUCTION: KELSEY STEVENS PRODUCTIONS. SEE GET-IT GUIDE.



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WORKS AS WELL AS SALON BRANDS

RISE AND RUN

Puerto Rican track-and-field athlete **Beverly Ramos** explains the drive behind her dash.

Beverly Ramos believes that there is power in numbers saying, "Being able to train with friends and other athletes has really turned around my fitness level, **especially training with people that share similar goals.**" Her buddies also come to the rescue when she needs an extra boost. "When I'm tired, my running friends get me out the door. We try to find new routes to do our long runs, visiting some incredible places."

"I work on speed development through agility exercises and core training, and flexibility through yoga."

"What gets me going in the morning is the smell of Puerto Rican coffee and music."

"I overcome challenges by learning from previous mistakes."

Some of Ramos' favorite training gear includes: "New Balance's Fresh Foam shoes, capris, and short sleeves."

"I prefer going on long runs in the mountains. It's one of the most rewarding experiences."



Whether you run to race (like Ramos does) or simply run to release, these Chicago-based tips will help put more pep in your step and will inspire you to rise and run:

- 1 Looking for a new running route? Hit the pavement in your New Balance Fresh Foam sneakers at the recently opened **MAGGIE DALEY PARK** located along the pristine lakefront.
- 2 These days, it's all about locally-sourced ingredients, and it doesn't get more local than the onsite gardens at **CHICAGO'S HOTTEST RESTAURANTS**. These eateries, incorporating freshly grown vegetables and herbs in every dish, are the perfect place to fuel up after an intense sweat session.
- 3 Train with a view at one of **CHICAGO'S ROOFTOP FITNESS FACILITIES** which offer everything from rooftop pools to group workout studios.





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HOT WORKOUT

HIGH VOLUME

➔ Set to fast, energetic music, celeb trainer **Nicole Winhoffer's** dance-inspired classes are so much fun, it's possible to forget you're working out. The results? Totally hard-core.

BY KRISTIN TICE STUDEMAN

Last year, former Broadway dancer Nicole Winhoffer ended a five-year stint as Madonna's trainer to begin a new chapter. She launched NW Method classes—which integrate heart-pumping moves and inspirational mantras—out of a New York City studio. (She also was named global trainer for Adidas Women and global ambassador for Adidas by Stella McCartney, roles in which she gets to combine her love of fashion and movement.) In addition to debuting McCartney's newest gear, Winhoffer leads high-powered career women, plus celebs like Rachel Weisz and Irina Shayk, through her addictive dance-cardio classes. Here, she shares a little bit about the magic behind her method.

HAS YOUR FITNESS PHILOSOPHY EVOLVED?

It used to be about fight: You must kill yourself and suffer in a workout. Now it's more about being in your body. Last year I turned 30—it influenced my life as a whole. I'm taking better care of myself, wearing simpler colors, exploring meditation.

DOES THAT SOFTER SIDE SHOW UP IN CLASS?

Yes, I want women to escape their thoughts and take care of themselves for an hour. So I use everything I have in my toolbox on my students—music, of course, but also functional training, massage and Eastern philosophy.

WHAT ROLE DOES THE MUSIC PLAY FOR YOU?

When you're at a club and "Single Ladies" comes on, you know exactly what to do. It's the same in my class—but with butt lifts and abs in sync to the music!



ON TOP OF HER GAME
"All of my exercise movements are choreographed to the lyrics and the beat," says the former dancer (and Madonna trainer).
TOP, PANTS and SNEAKERS Adidas by Stella McCartney

810
Average number of butt lifts done in one of Winhoffer's classes

HER QUICKIE ROUTINE

Winhoffer created this butt-abs-cardio sampler, based on the popular NW Method class she teaches in New York City, exclusively for SELF.

1. GLUTE TONER Stand with feet touching, toes of one foot reaching heel of the other (fifth position in ballet). Reach hands to floor, legs straight. Bend knees into plié. Return to start; switch legs after 8 pulses for 1 rep. Do 8 reps.

2. BUTTERFLY ABS Lie faceup on floor. Press soles of feet together; open knees. Place hands behind head; raise upper body a few inches, then lower it. Straighten legs and extend them to ceiling; lower and fan knees outward for 1 rep. Do 8 reps.

🎵 **"Work Remix," A\$AP Ferg**
Cycle through moves 1 and 2 for entire song.

3. TWIST TWIST TWIST Stand with legs wider than shoulder-width apart, knees soft. Twist torso right, left, right. Now raise left knee as high as you can. Twist torso left, right, left; lift right knee for 1 rep.

🎵 **"Are You That Somebody," Aaliyah**
Continue for entire song.

4. STEP CHEST PUMP Stand with feet shoulder-width apart; bend knees into plié. Step feet together; squeeze butt. Raise

hands in fists to chest level, elbows out. Step right; double pump hands in front of chest. Step feet together; repeat to left for 1 rep. Do 8 reps.

5. KICK 'N' CLAP Stand with feet together. Kick right leg forward, then kick left leg. Step feet together; clap hands overhead while jumping for 1 rep. Do 8 reps.

🎵 **"Bandz A Make Her Dance," Juicy J**
Cycle through moves 4 and 5 for entire song.

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YOUR TRAINER Angela Leigh, national manager of Equinox Training Camp, developed these moves exclusively for SELF.

YOU'LL NEED a sturdy bench (or a chair at home).

DO at least 5 minutes of cardio to warm up. Complete two rounds of each move before doing the next; rest 30 seconds between sets. It'll be challenging, so go at your own pace on reps.

2 CHEERLEADER

Works core, shoulders, back

Start in plank, forearms on bench. Straighten and raise right arm a few inches to right (Y position). Return to start. Return to Y, then bend elbow so palm is parallel to shoulder (as shown) for W position. Repeat Y, Y-W sequence with left arm. Continue, alternating arms, for 1 minute.



3 TURN-AND-BURN

Works core, shoulders, back

Start in side plank, balancing on left palm, right foot in front of left foot and right arm extended to sky (as shown). Twist body to place right palm on bench. Bend right knee and bring it toward left wrist; sweep knee back in semicircle. Return to start; continue for 1 minute. Repeat on opposite side.



4 HOT SEAT

Works core, quads, hamstrings, glutes

Stand with feet hip-width apart, hands behind head, elbows wide. Sit; stand. Sit; lift and extend left leg, foot flexed (as shown). Pushing through right foot, stand, left leg raised. Sit. Now repeat double- and single-leg squat on other side. Continue, alternating sides, for 1 minute.



5 SKINNY DIP

Works core, triceps, shoulders, chest

Sit with hands gripping bench next to hips. Slide butt forward off bench. Bend elbows until upper arms are parallel to the bench (as shown). Straighten arms for 1 rep. Repeat as many times as you can for 1 minute.



SEE THE MOVES IN ACTION Download the SELF Plus app from the App Store or Google Play, launch on your smartphone, and hover over this page.

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Step 3 Protect

Protect your glow. Use **Ultra Sheer Sunscreen** while in the sun.



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Step 4 Enhance

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Step 5 Reset

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3

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1



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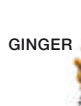


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2



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RECIPES BY LARAINÉ PERRI

1 Chilled Creamy Watercress Soup

SERVES 4

In a medium saucepan over medium heat, heat 4 tsp vegetable oil. Add white and light green parts of 2 halved and sliced leeks; sauté until tender. Add 3 cups reduced-sodium chicken broth; bring to a boil. Add 5 oz frozen sweet peas and 4 oz stemmed watercress; simmer 3 minutes. Stir in 2 tsp finely chopped fresh tarragon; cool slightly. Puree in a blender until smooth. Chill thoroughly. Stir in ½ cup buttermilk just before serving.

NUTRITION INFO 139 calories per serving, 6 g fat (1 g saturated), 15 g carbs, 3 g fiber, 8 g protein

2 Orange, Avocado and Watercress Salad

SERVES 2

In a bowl, mix ¼ tsp orange zest, 2 tsp orange juice, 1 tsp olive oil, ⅛ tsp ground cumin, ⅛ tsp kosher salt and a grind of pepper. Dip thin slices of ½ avocado in dressing; set aside. Add 2 cups trimmed watercress and a few very thin slices red onion to dressing; toss. Divide among two plates. Top with 4 rounds of a navel orange (peel and pith removed) and reserved avocado. Sprinkle with 1 tbsp coarsely chopped roasted almonds.

NUTRITION INFO 137 calories per serving, 10 g fat (1 g saturated), 11 g carbs, 4 g fiber, 3 g protein

3 Watercress Stir-Fry With Grilled Steak

SERVES 2

In a bowl, combine 2 tsp oyster sauce, ½ tsp toasted sesame oil and 1 tsp water. In a large skillet over medium-high heat, heat 1 tbsp vegetable oil. Add 3 minced garlic cloves and 2 tsp minced fresh ginger; sauté until fragrant. Add 8 oz stemmed watercress; stir-fry, 1 to 2 minutes. Add sauce; toss quickly. Divide among two plates. Top each with 4 oz grilled steak and ¼ tsp toasted sesame seeds.

NUTRITION INFO 314 calories per serving, 18 g fat (4 g saturated), 5 g carbs, 1 g fiber, 35 g protein

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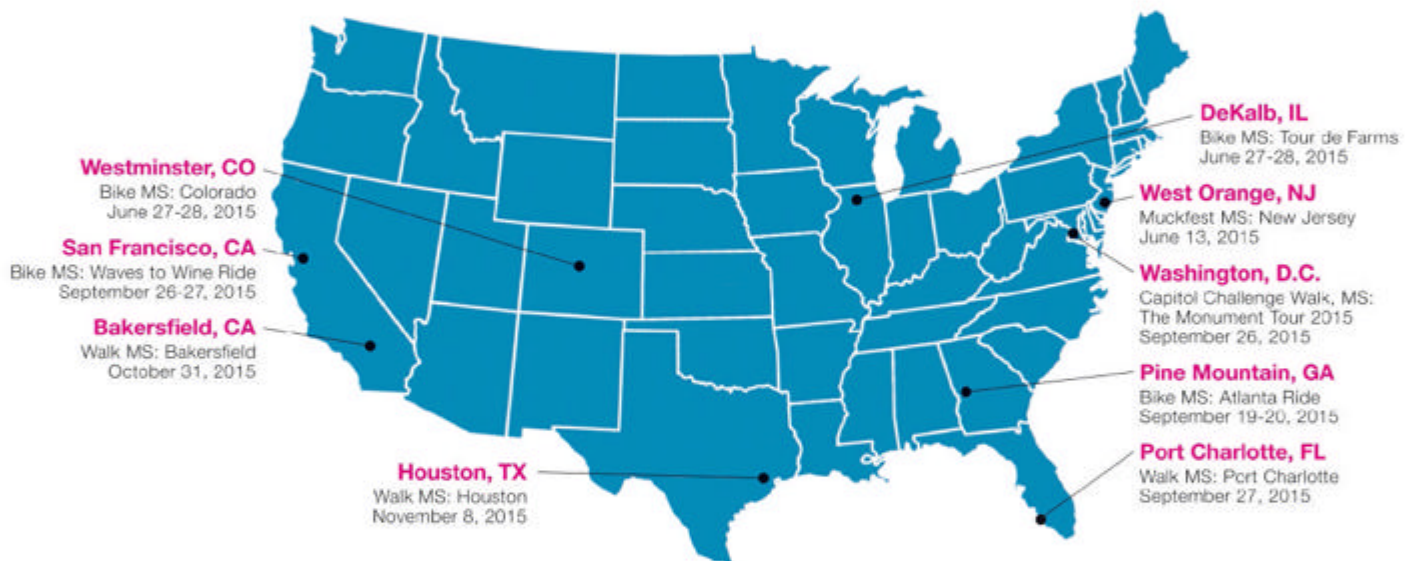
JOIN THE FIGHT AGAINST MS

World MS Day on May 27th brings the global MS community together to share stories and raise awareness for the more than 2.3 million people around the world affected by multiple sclerosis.

In honor of World MS Day, **SELF** encourages you to get involved!

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SELF

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➔ *This Cinco de Mayo, skip the chips and queso and enjoy these healthy takes on south-of-the-border fare.* RECIPES BY STEPHANIE CLARKE, R.D., AND WILLOW JAROSH, R.D.

LIGHTENED-UP COCKTAIL Jalapeño Margaritas

SERVES 4

In a pitcher, combine 4 oz silver tequila, 3 oz triple sec, 4 oz lime juice, 2 tbsp agave nectar and ½ jalapeño, seeded and thinly sliced. Mix well; chill 1 hour. On a plate, combine 1 tsp each salt and chili powder; press moistened rims of 4 glasses into mixture. Fill each with ice, margarita and 2 oz club soda; garnish with lime wedges.

NUTRITION INFO 169 calories per serving, 0 g fat, 14 g carbs, 0 g fiber, 0 g protein

EASY APPETIZER Smoky Cilantro-Lime Jicama Skewers

SERVES 4

In a food processor, blend 1 cup cilantro, ¼ cup lime juice, ¼ cup olive oil, ½ tsp ground cumin, ½ tsp chili powder, ¾ tsp salt and ½ tsp ground coriander. Pour into a bowl; add 1 jicama, cut into 1-inch chunks; 1 green pepper, cut into 1-inch pieces; 1 red onion, cut into 1-inch pieces; and 16 grape

tomatoes. Toss to coat. Thread onto 8 skewers. Marinate in a shallow dish covered with plastic wrap, 30 minutes. Heat a grill pan to medium-high. Add skewers; cook 5 minutes per side. Brush with leftover marinade before serving.

NUTRITION INFO 134 calories per 2 skewers, 9 g fat (1 g saturated), 13 g carbs, 5 g fiber, 2 g protein

CROWD-PLEASING MAIN Chipotle Fish Tacos

SERVES 4

In a bowl, combine the juice of 1 lime, 1 tbsp chopped cilantro, 2 tsp olive oil, 2 tsp chipotle chili powder, 1 tsp ground cumin, ½ tsp garlic powder, ½ tsp chopped garlic and ½ tsp salt. Add 1½ lb cod fillets; marinate 20 minutes. In another bowl, toss 2 cups shredded red cabbage with 1 tsp olive oil, 1 tsp lime juice and ¼ tsp black pepper. Set aside. In a third bowl, toss 1 chopped avocado with 10 sliced cherry tomatoes. In a blender, mix 6 oz plain 2-percent-fat Greek yogurt, 1 tbsp lime juice, 2 tbsp

chopped cilantro, 1 tsp chopped garlic and ¼ tsp salt until smooth. Coat a grill pan with cooking spray and heat to medium-high. Add fish; cook 3 minutes per side. Flake into 1-inch pieces and distribute among 12 small corn tortillas. Top each with shredded cabbage, avocado-tomato mix and a dollop of lime crema.

NUTRITION INFO 353 calories per 3 tacos, 12 g fat (3 g saturated), 25 g carbs, 6 g fiber, 38 g protein

DECADENT DESSERT Chocolate-Banana Ice Cream

SERVES 4

Break 4 ripe bananas into chunks and freeze. Pulse in a blender until smooth. Add ¾ tsp cinnamon, 4 tbsp cocoa powder, ½ tsp cayenne pepper and ¼ tsp vanilla extract; pulse until incorporated. Transfer to a resealable container; freeze at least 30 minutes. Top with 3 tbsp toasted coconut flakes.

NUTRITION INFO 159 calories per serving, 4 g fat (3 g saturated), 36 g carbs, 6 g fiber, 3 g protein

new

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(SELF)

WORTH

PICTURES OF CALM

➔ *Why happy photos on your desk can help you keep your cool at the office* BY ALEXANDRA ENGLER

Here's an excuse to hit the photo booth with friends: Looking at images of loved ones can help you feel less anxious under stress. In a new study from the University of Exeter in England, when subjects glanced at pictures of people who seemed happy and supported, their amygdala—the brain's fear monitor—subsequently did not respond to intimidating images. “Being reminded that you’re loved and cared for makes you feel safe,” says study coauthor Anke Karl, Ph.D., “which reduces the brain’s threat response.”

PERSONAL BEST

→ How to earn more, worry less—and other success strategies



Bank on your people skills

Taking the time to notice how your coworkers and superiors are feeling pays off. Workers who are good at recognizing others' emotions earn more than those who are less adept at it, according to a study in the *Journal of Organizational Behavior*. Notes study coauthor Gerhard Blickle, Ph.D., "Individuals with a higher level of emotional-recognition ability are more socially astute, better at influencing others and more respected."

Embrace stress (really)

Imagine for a moment that you don't need to escape from the stress in your day-to-day. "If you believe stress is harmful, the fact that you're experiencing it makes you think something's wrong with your life," says Kelly McGonigal, Ph.D., a Stanford lecturer and author of *The Upside of Stress*. Instead, reframe stress as life-enhancing because it helps you thrive. That pounding heart? It's giving you energy. And big sources of anxiety—like work and getting married—also bring great joy. "If you want a meaningful life," McGonigal says, "you have to accept that stress is a part of it." And that's a good thing.



Q/A



THE EXPERT ALIZA LIGHT

The Leave Your Mark author, Donna Karan SVP and creator of DKNY PR GIRL's Twitter feed (@dkny) explains how to make your voice heard in the socialsphere.

What's the key to standing out on Twitter?

A/ It starts with having a strong vision and a clear filter. I made a list of words that I felt described DKNY PR GIRL: *real, open, feminine, polished, off-the-cuff*. When something big happens, I'll think, Would DKNY PR GIRL be talking about this? Before you post, ask yourself, Why am I telling people this? If you're a lawyer and post only about *The Bachelor*, there may be a disconnect.

How can social media help your career?

A/ It breaks down the boundaries of whom you can speak to—and when. I might not have a reason to email the editor-in-chief of a major magazine today, but I can respond to one of her posts. Even if it's just a digital conversation, it's a real connection. I hired my assistant from Twitter.

What if you post something you regret?

A/ Delete it immediately. If it comes back to haunt you, own it: Say you're sorry and mean it. And never engage in a Twitter fight. You will not win!

A close-up, high-contrast photograph of a person's face, focusing on the eye and the side of the head. The person is wearing dark sunglasses with a gold-colored frame. The lens of the sunglasses is highly reflective, showing a vibrant green and blue iridescent pattern. The person's skin is fair, and their hair is dark. The lighting is bright, creating strong highlights and shadows.

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LOVE & CHEMISTRY

HOW TO BE VULNERABLE

➔ Why letting your guard down can help you make time for cultivating closer relationships BY ERIN BRIED

One of the key determinants of how happy we are is our relationships. Great ones are based on trust, and in order to build that bond we must allow ourselves to be vulnerable. Think of the defining moments in your life—the first time you leaned in for a kiss, revealed something from your past or said “I love you.” To become closer, you had to step out of your comfort zone. “It requires bravery to open yourself up to a romantic partner, because they can hurt you like no one

else,” says Joanne Wood, Ph.D., professor of psychology at the University of Waterloo in Ontario. And yet, exposing those soft spots—allowing yourself to be truly seen and deeply known, flaws and all—is actually the surest route to intimacy. “When we stay closed, we cut off opportunities to feel loved,” Wood says. Whether you’re on your first date or you’ve been together for years, here are three ideas to help you put yourself out there more—and be glad you did.

SHARE—BUT START SMALL

When you’re getting to know someone, there’s a fine line between authenticity and too much information. “A gradual increase in intimacy leads to more liking,” explains Stan Treger, a social psychology researcher at DePaul University in Chicago. According to a study he coauthored in the *Journal of Experimental Social Psychology*, sharing personal information generally makes others like you more. But ramp up slowly and let the conversation flow. Equally important, remember to listen: Being a good listener boosts “feelings of similarity and familiarity,” Treger adds, and encourages your partner to reciprocate.

GO NO-FILTER IN REAL LIFE

In newer relationships, most of us try to present an idealized version of ourselves. But as you spend time together, each person’s real self inevitably becomes apparent. “It would be difficult to maintain a perfect persona over time, and to try would be absolutely exhausting,” says Julie Longua Peterson, Ph.D., assistant professor of psychology at the University of New England in Biddeford, Maine. If you’re nervous about revealing your true self, consider this: Do you really believe that your partner’s love is contingent on your perfection? Do you expect your partner to be perfect? Likely, the answer to both questions is no—for most of us, a person’s idiosyncrasies are what make them distinctly themselves. In fact, they could be what you love most.

KEEP PEELING AWAY LAYERS

It can seem scary to divulge an emotional need or a sexual fantasy. To feel more comfortable, channel a time when the person you’re with has been encouraging, rather than unreceptive. Or, if you don’t yet have that kind of history together, try to focus on the potential rewards of your revelation instead of the uncertainty. We’ve all put ourselves out there and felt hurt or embarrassed at some point. But to reach the next level and create the kind of connection that we all crave, it’s worth the risk. ●



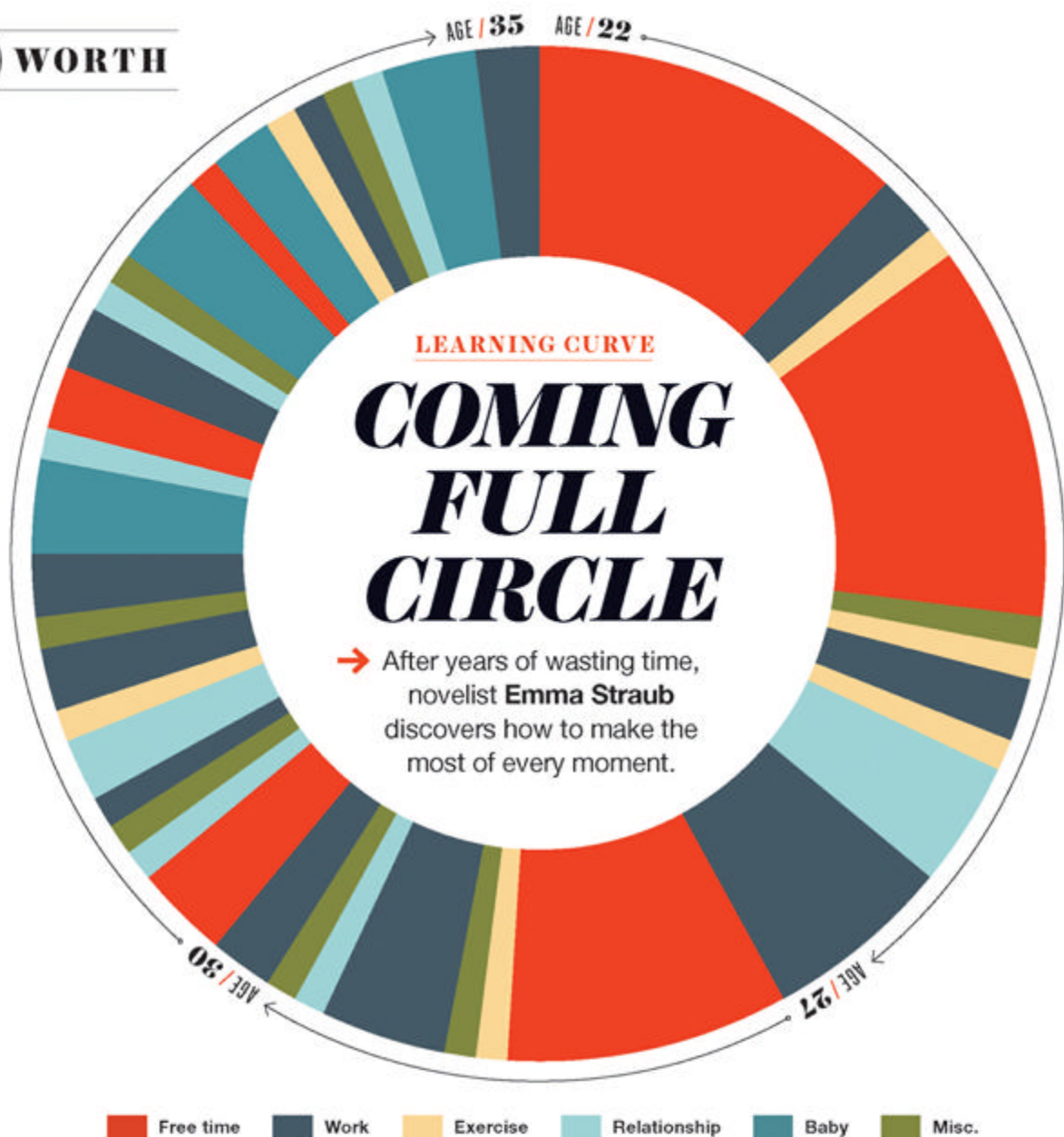
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It's 8:57 A.M. on a Monday, and I've already washed the breakfast dishes, taken a shower and responded to six emails. By 9 A.M., I sit down at my desk to work on my next novel. I'm on page 191, and by noon, I'll be on page 194. Then I'll eat lunch, work on another writing assignment and run some errands. Somewhere in there, I'll squeeze in a workout. Before I know it, it will be 2:45 P.M., and my toddler will be home. With such limited free time, I've had to learn how to make every minute count. But it wasn't always like this.

During my early 20s, I lived as if time didn't exist. I had several part-time jobs and shockingly few responsibilities. I folded expensive T-shirts (badly) at a boutique for tweens; I worked as a personal assistant and bought food for a persnickety Chihuahua. My days were gigantic, yawning affairs: I woke up around 10 and watched hours of daytime television—*The View*, some soaps, maybe a movie on cable. In theory, I was a writer, and though I did complete three (unpublished) novels, my schedule was so open, I should have written 20.

To many people, the writing life looks romantic—all glasses of whiskey and cartons of cigarettes (or, nowadays, laptops and lattes). But I knew better. Growing up with a fiction-writer father, I understood that writing had to be a job, like working at a bank. The key to success was keeping your butt in the chair. And yet, my butt was never in the chair for more than an hour at a stretch.

When I was 24, I moved in with my boyfriend, but little else changed. We adopted two kittens, and the four of us worked from home. From my spot on the bed, I'd stare at the back of my boyfriend's head as he sat at his desk across the apartment. He wore headphones, and I wore my laptop and the cats. There was a yoga studio around the corner, and I started going to class three times a week, mainly as a way to kill time, which stretched out endlessly in front of me. Too much freedom, I found, can feel as stifling as too little—purposeless and desperate. I was like an eccentric billionaire with a fiction habit, minus the billions. I never needed to shower or change out of my pajamas; I was the Howard Hughes of Brooklyn.

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(SELF) WORTH

After two years, we moved several states away so I could go to grad school. My boyfriend became my husband. I started teaching and taking my writing more seriously. We worked—in separate rooms! with doors!—and soon my days filled up. I wrote stories and novels, I taught, I read. I wrote, I taught, I read. It was like finding religion, or running a marathon. I was so immersed in my work that I marked time passing by noticing when the snow started (October) and stopped (April).

Back in New York three years later, I was an adult, truly, with a husband and a mortgage. I wanted writing to be my job, as it had been my father's, so I started writing as if my life depended on it (and it now sort of did). A small press published my short story collection, and then a major press bought my first novel.

I had proved I could keep my butt in my seat, but the biggest change was yet to come. Having spent most of the fall of 2012 traveling around the country on a book tour, I got home in November and discovered I was pregnant. That meant my next novel, which was due the following September, was going to have a sibling, due in August! Suddenly, I was in a real hurry. Time was a countdown clock, ticking away toward the great unknown.

I have never worked so fast in my life. For the next six months, I did little but write and go to yoga. I finished the book ahead of schedule, unsure that I'd actually written it. Do you know the feeling when you can't remember what you had for lunch? That's how I felt about writing the book. I knew it had happened, but I hardly recognized myself doing it.

Today, my son is just over a year old. To my amazement, the book I wrote while pregnant, *The Vacationers*, spent several weeks on the *New York Times* best-seller list. In order to find time to write, I have 20 hours of child care a week. In the beginning, 20 hours sounded like so much it made me want to cry—almost a whole day of his week that I was missing! But now it's barely enough time for my brain to click into gear.

I think what I've finally figured out is that all the free time I used to have was *too* limitless. I was accountable to no one: no boss, no partner, no deadlines, no kid.

Now that my free time is restricted, every minute feels like a tiny drop of gold. I need to really think about what I want to do—whether it's starting a new chapter, going to acupuncture or having a lunch date with my husband.

Nowadays, the only occasions when I'm completely unaware of time passing are when I'm putting my baby to sleep. We sit, we read the same book three times in a row, I sing badly. We take one stuffed animal off the shelf, then another, while I talk to my son about his day. This usually lasts for about 15 minutes, but it feels like nothing, and simultaneously like the opposite of

TOO MUCH FREE TIME CAN FEEL AS STIFLING AS TOO LITTLE—PURPOSELESS AND DESPERATE.

nothing—like forever. Maybe I'm getting old, but it strikes me now that all the time wasting I did when I was younger was a holding pattern: I was circling in the air, waiting to land.

I wanted so much—to sell my novels, to get married, to be happy, to know that my work was going to pay off. Sometimes I think back to those wide-open days and wonder what the hell I was doing, wandering in and out of shops I couldn't afford and going to movies in the afternoon. Would I want those empty days back, the days I could have stayed in bed? Rarely. I find that it's more pleasurable to have full days than empty ones because it means I have a fuller life than I did before.

I can still squeeze in a matinee here and there, to sit in the dark eating popcorn. But I have to make a conscious decision to do so. I believe that's what they call "having it all." You can't have it all every day, but you can have some of it every day, and some is all you really need.

It's now 1:38 in the afternoon, which means that I have just one tiny slip of an hour before my time is no longer my own. At 2:30, I will race downstairs, anxious to see my son, to hear about his morning and to kiss his toes. The rest of the day will zoom by, and I won't mind it one bit. ●

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SELF MADE

LYNDSAY CRUZ

→ *The Oxfam advisor fights poverty in the developing world—with a little help from celebs.* BY DEVIN TOMB

When you hear about Rooney Mara volunteering in South Sudan, Lyndsay Cruz is the woman who pulled it off. Based in Los Angeles, Cruz, 37, works for Oxfam, where she partners with celebrities and travels alongside them to developing nations, helping the global organization fight poverty and social injustice. Cruz started her career as an intern for the Republican National Committee in Washington, D.C. She went on to work for George W. Bush's campaign and subsequent administration, where she was tapped to travel with Paul O'Neill, then secretary of the treasury, on an Oxfam mission to Africa with U2's Bono. Moved by the experience, Cruz spent about six months courting Oxfam America for a job. Twelve years and 15 countries later, she unpacks three of her success secrets:

TALK TO HIGHER-UPS "On my second day at the RNC, I was in the elevator with the assistant press secretary, and I said, 'Hi, I'm an intern down in the basement answering phones.' He asked what really interested me and moved me up to the press office on the fourth floor. In months, I was writing my own press releases and working with top officials."

POWER THROUGH REJECTION "The Peace Corps turned me down, and later I thought, Thank goodness they didn't take me, because I wouldn't be where I am right now."

TAKE A CHANCE "I know too many people who are stuck in their jobs but have the passion to do something greater. Try things out—even if it's on the side at first. That's how you grow."

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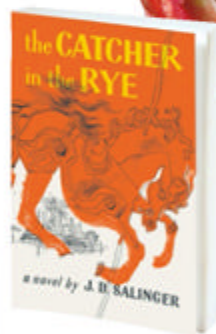
OFF-DUTY SUIT
"On weekends, I live in a bikini and just throw a dress over it."
TOP \$77, and **BOTTOM** \$73, L*Space by Monica Wise; LSpace.com

GO-TO SNACK
"I reach for a spoonful of pomegranate seeds when I need an energy boost."



“Be open to whatever falls into your lap.”

SWEAT BREAK
"I work from home, so I take Duke, my goldendoodle, out for a run between calls and emails."



INFLUENTIAL BOOK
"The Catcher in the Rye ignited my love of reading when I was young."



FRONT-LINE FOCUS
"I visited an Oxfam water point at a camp for displaced people in the Democratic Republic of Congo back in 2009."

PORTRAITS FROM TOP: JENNIFER ROCHOLL; STYLING: JESSIE COHAN AT ATELIER MANAGEMENT; HAIR AND MAKEUP: GLORIA NOTO AT ATELIER MANAGEMENT (2); COURTESY OF LYNDSAY CRUZ; STILL FROM TOP: DAN DRURY/CNP DIGITAL STUDIO; CATHY CRAWFORD; STYLING: SALLY PENN; LEVI BROWN/TRUNK ARCHIVE; COURTESY HACHETTE BOOK GROUP.

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PURA VIDA

The secret to more fun in the sun? Try a little pattern play: Mix large and small prints (as on this rash guard) for a sporty-stylish effect. "This makes me feel like I'm a surfer girl," Ribeiro says.

RASH GUARD Tory Burch, \$225 **SWIMSUIT** Mikoh, \$208



IN THE



Suit up in the newest tropical
prints: They're big, bold
and just wild enough.
Blissing out on Costa Rica's
Nicoya Peninsula with
a few of the surf mecca's
locals, top model
Lais Ribeiro brings the heat.

PHOTOGRAPHED BY
BEAU GREALY

STYLED BY
MELISSA VENTOSA MARTIN

SWIM



SHORE THING

A sleek knit bodysuit is right at home on the beach—just slip on a mini for a sexy après-surf look and add a roomy bag.

"I always pack sunscreen, sunglasses, lip balm and a hairbrush for after a swim," Ribeiro says.

BODYSUIT Baja East, \$495

NECKLACE Marni, \$510

BAG Fendi

LAIS RIBEIRO

AGE 25 **ORIGINALLY FROM** Teresina, Brazil

HOME BASE New York City

I WAS STUDYING TO BECOME A NURSE when a friend of mine invited me to her modeling agency to try out. That was in 2009, and it's all history from there.

TO STAY IN SHAPE, I do core exercises and squats—and

then *more* squats—but mostly I love to box. Not only does it work my whole body, especially my abs, but I also forget my problems when I'm in the ring.

BECOMING A MOTHER has made me more mature, confident and focused in my career. I'm a hard worker, and everything I do is with the intention of giving my son, Alexandre, a better life.

BRAZILIAN WOMEN ARE happy with ourselves, no matter what shape we are: curvy, thin, tall, whatever. That appreciation for diversity helps me with my job. It keeps me from feeling self-conscious and gives me a sense of security in who I am.

MY FAVORITE SUMMER DAYS are ones when I'm with my son. It doesn't matter what we do—we always have fun.



MAKING WAVES

A woven cover-up over a leaf-print suit has an effortless exotic vibe. "It's so fun and easy to wear. You can throw it over anything," Ribeiro says.

SWIMSUIT Jo de Mer, \$337

VEST TSE, \$595

NECKLACE Marni, \$620

SNEAKERS Nike ID

Inspired by Baja East, \$125



LOUNGE ACT

Toss on an earthy cover-up, and a palm-print halter suit reads Baja fresh all the way. "Beachy bohemian looks make me feel relaxed," Ribeiro says.

TOP Zero + Maria Cornejo, \$895
SWIMSUIT Victoria's Secret, \$99



PARADISE FOUND

Bermudas and a strapless one-piece: Meet your new sand-to-street (or beach-to-bar) outfit. "You can dress comfortably and still have great style," Ribeiro says.

SWIMSUIT Tomas Maier, \$595 **SHORTS** 3.1 Phillip Lim, \$450 **NECKLACES** Marni, \$510 and \$610



BREEZY DOES IT

Beach-babe tip: Complete that sexy, just-been-surfing look—shiny, wet hair, sun-kissed skin—with a modern rope necklace. “I love *everything* about a natural look,” Ribeiro says.

NECKLACE Marni, \$510

SWIMSUIT Victoria's Secret, \$79

BEAUTY NOTE For hair like Ribeiro's, work in Sun Bum Beach Formula Shine On (\$20), a multitasking oil that hydrates, smooths and adds shine.



RIDING HIGH

A striped tunic over a graphic one-piece: Why not? "Just have fun," Ribeiro says. "Remember, everyone is more concerned about how they look than how you look!"

TUNIC Susan Lu, \$595
SWIMSUIT Victoria's Secret, \$89
FRINGE TOWEL Scents and Feel, \$80

Hair, Tuan Anh Tran at Frank Reps; makeup, Sil Bruinsma for Diorskin. Special thanks to Costa Rica Unlimited. See Get-It Guide.



FLYING HIGH

Swing across bars, jump between buildings, even scale walls: Parkour is a total adrenaline rush, a great workout and a fun way to unleash your inner action hero. BY JANET LEE

Strong women dominate movie screens this year, showing off kick-ass bodies to match their kick-ass roles. But even if you're not Sarah Connor saving the world in *Terminator Genisys* or Katniss Everdeen starting a revolution in *The Hunger Games: Mockingjay Part 2*, you can develop stuntwoman-worthy sprinting, jumping and climbing abilities. Parkour, a trendy sport that's all about navigating obstacles, can help you attain those superhero skills.

Parkour groups meet around the country to practice in parks and urban spaces, and many cities have gyms that specialize in the

training. "When I took my first class, I had never even climbed a tree," says Australian parkour instructor Amy Han (right). "All kinds of people at all levels of ability show up."

Aside from learning to vault over fences, expect to get toned, defined and generally ready to rock a skintight jumpsuit with this training. "Parkour builds total-body strength, muscle control and focus," says Josh Yadon, who trained actress Marie Avgeropoulos in parkour technique for *Tracers*. Spoiler alert: You'll create a body that's fit, powerful and seriously sculpted—no CGI required.

PHOTOGRAPHED BY CAMERON GRAYSON

RAISING THE BAR

Han swings high in Melbourne, Australia. "I can train wherever I like, and the way I get over obstacles is never exactly the same," she says.

SPORTS BRA Tully Lou

PANTS Lululemon Athletica

SHOES Nike



NEW HEIGHTS
 “Climbing is my favorite,” Han says. “It gives me the clearest measure of how far I’ve come.”
VEST Tully Lou **SPORTS**
BRA Lululemon Athletica
PANTS Under Armour

THE WORKOUT

Get a feel for parkour (while building endurance, agility and flexibility) with these moves from stuntman Josh Yadon. Do two sets three times a week after cardio.

1 / FALLING STAR

Stand on top of a box, step or bench up to 12 inches high. Step up with right foot as you fall forward off the step. Land on both feet and immediately jump in place. Step backward onto the box and repeat with left foot for 1 rep. Do 12 reps.

2 / KICK START

Balance on right leg with hands out to sides, left foot raised a few inches. Bend right knee, extending left leg behind you. Stand tall and raise arms overhead as you extend left leg as high as you can in front of you, flexing foot. Do 10 reps. Switch sides; repeat.

3 / BOX JUMP

Stand in front of a box, step or bench. Lower into a squat, then jump onto step. Jump forward to floor (or turn around and jump back to where you started), landing softly with knees bent, for 1 rep. Do 10 reps.

4 / SUPINE PLANK

Sit tall on floor with hands next to hips, legs extended in front of you. While looking up, lift hips so body is aligned from head to toes. Raise right leg and hold for 2 seconds. Lower, then repeat with left leg for 1 rep. Do 10 reps.

5 / QUAD CRAWL

Get on all fours on floor, then lift knees a few inches. Keeping knees raised, take 10 “steps” forward with hands and feet. Go back 10 steps, then right 10 steps, then left 10 steps.

6 / DEEP PRAYER

Stand with feet slightly wider than shoulder-width apart, toes turned out. Bend knees until butt hovers above floor. Press palms together; rest elbows against inside of knees. Hold 10 seconds; place left hand on floor, turn torso to right and extend right arm, looking toward hand. Hold 10 seconds. Switch sides; repeat. Do 3 reps on each side.

LIFTOFF

“Precision jumps require concentration, power and balance. They’re one of the ways I move from wall to wall, or from a step to a rail,” Han says.

PANTS Tully Lou



Want to learn more about parkour? Check out AmericanParkour.com.



FLY GIRL

AMY HAN, 29, LEARNED HER FIRST PARKOUR MOVE SIX YEARS AGO—NOW SHE'S AN INSTRUCTOR. HERE'S WHY SHE'S OBSESSED.

Since Han discovered parkour, she's been running up walls, swinging across bars and balancing on beams all over her hometown of Melbourne, Australia. "The idea is to go from A to B in the most efficient, smoothest way," she says. "There's a lot of creativity involved—you see obstacles as possibilities." These are three of the reasons she loves training.

THE BONDING "A friend brought me to a parkour class, and they were so friendly and supportive. Twice a week, I train with a group, and we act like we're on a playground for a couple of hours."

THE BENEFITS "I'm stronger. I've pushed my physical limits. But it's mental, too: I have to deal with fear when I jump. Three years ago, leaving my job in marketing to start my writing business was also a jump. Thinking of it that way made it possible for me to quit."

THE MOTTO "Part of our philosophy is to leave no trace. We pick up rubbish while we're training on city streets. If we scuff up a wall, we clean it. We look after our environment." —Sara Gaynes Levy

rock the boat

"Take risks in life and scare yourself," Huntington-Whiteley says. "You have to push beyond your comfort zone in order to grow."

BIKINI TOP Lisa Marie Fernandez **WET SUIT** Helly Hansen **BRACELETS** Alienina **SHOES** Gill





She's a supermodel and *Mad Max* star who's found the love of her life. For **Rosie Huntington-Whiteley**, it's clear skies ahead. By Laurie Sandell

Rosie Huntington-Whiteley is winning at life these days. She's starred in two blockbuster films, including this month's *Mad Max: Fury Road*. (Hello, billion-dollar franchise.) She's in a blissfully happy relationship with action star Jason Statham. And as you would expect of a former Victoria's Secret model, she's superhuman gorgeous in person: creamy butterscotch skin; bee-stung lips; thick, dirty-blonde hair gathered into an artfully messy bun. Yes, the girl has it all—and she makes it look easy.

Behind the scenes, though, is a laser-focused 28-year-old who admits to being something of a workaholic. Huntington-Whiteley's secret weapon, it turns out, isn't that flawless face but an always-try-harder ethos—and an innate ability to roll with life's punches. "It's so important to understand your strengths and weaknesses," she says.

Photographed by Cedric Buchet
Styled by Melissa Ventosa Martin

“I’m driven,

so for me that means setting goals that are realistic but still aspirational.”

It’s the kind of life lesson she learned early on. Huntington-Whiteley remembers that as a child, she once came home from school with a bad grade. Her mother scolded her: “Life isn’t going to hand you things on a silver platter, so you’d better buck up!” Her mother’s brand of tough love gave her the thick skin she needed when she eventually became an actress. She replaced Megan Fox in 2011’s *Transformers: Dark of the Moon*, becoming an A-list name overnight—and a natural target for critics. “The real stars of movies like that are the control men,” she laughs. Still, the film grossed more than a billion dollars and proved its new star could hold her own in a franchise.

This month, *Mad Max* will hit theaters. Huntington-Whiteley plays Splendid, the fiercely protective wife of a warlord in a postapocalyptic world, opposite Tom Hardy and Charlize Theron. For six months, she was on location in Namibia, waking up at 4:30 A.M. for hair, makeup and a full day of punishing stunts. “You have to be fit and healthy and strong,” she says. “Your mind has to be strong, too. Not only for the stunts but also for the number of hours you’re spending on-set.”

As with the role she won in *Transformers*, Huntington-Whiteley didn’t seek out the *Mad Max* gig—the director, George Miller, asked her to audition. “I never set out to be an actress,” she notes. “I’m always open if something great comes along, but it’s not where I see my long-term future.”

It’s Huntington-Whiteley’s ability to walk away from things that don’t pique her interest that sets her apart. Her inspirations aren’t other actresses but successful entrepreneurs like Jo Malone, the British perfumer. “I love products, clothes, denim and jewelry. I’ve wanted to design since I was a girl,” Huntington-Whiteley says. In 2012, she launched a lingerie collection with the venerable British department store Marks & Spencer. It quickly became the best-selling lingerie line in the history of the company. In the long run, she says, she’d like to work behind the scenes and build a brand. “I don’t always want to be the face of everything,” she explains. This is the Rosie the world doesn’t know: an ambitious businesswoman who has treated each goal as a stepping-stone. “I think you have to take risks in life and scare yourself,” she says. “You have to push beyond your comfort zone in order to grow.”

Perseverance was another skill she learned from her mother, who urged a 16-year-old Rosie to stop by the modeling agency where she’d worked as an intern. That push landed her an agent and a contract,

no small feat for a farm girl from Devon, England.

In the years since, she’s found huge success as a model—at 19, she became a Victoria’s Secret Angel; at 21, the face of Burberry. But she’s never been interested in coasting on her genetic good fortune. “I don’t want to surround myself with people who are always telling me, ‘You’re so great,’” she says. “I want people around me who know that whether they’re saying something good or bad to me, it penetrates.”

She’s found that there’s a downside to winning life’s looks lottery: “When you’re renowned for your physicality, people—not just men—tend to think you couldn’t possibly be smart or funny,” she says. “I like to think I have a little bit of personality. But I can be shy and nervous to expose myself. This year, I want to be a little freer, not so confounded by what I’m going to say. Most people have lower expectations of me, which is sort of fantastic. Because then the only way to go is up, right?” She laughs.

And up is exactly where she’s headed. In January, she launched her first fragrance, a rose-scented eau de parfum called Rosie for Autograph. Her love life is chugging along happily, too; she lives with her partner of five years, action star and fellow Brit Jason Statham. What’s different about this relationship? “Everything,” she says. “We’re best mates. He makes me laugh every day. I almost feel like I never had a proper boyfriend before!” At the mention of tabloid reports that the two had broken up, she rolls her eyes. “They haven’t been seen together for two months. Let’s write a story about that. One thing about J and I, we just get on with our relationship,” she says. “The other day, someone said to me, ‘I really respect how private you guys are.’ I said, ‘Really? That’s interesting.’ It’s more work to put your relationship out there than it is to keep it behind closed doors. But my relationship is not a branch of my brand. It’s my private life. Certainly, that’s how he feels, too.”

Their 19-year age difference has never been an issue, though sometimes she’s treated as “the girlfriend” and not an equal partner. She remembers looking at a property that the two wanted to purchase, and the seller directed all of his questions to Statham, even though Huntington-Whiteley would have been buying half. Another time, a man approached their table to say hello when they were on a date, and the man was shaking her hand while talking to Statham—then sat at their table for 20 minutes, discussing business with him. “Frankly, I found that very rude,” she says.

Marriage? It’s on the horizon—maybe. She gets the usual pressure from friends and family, with a much bigger dose from society itself. “For any couple that’s been together for a SAIL AWAY > 126

cruise control

"I can be shy and nervous to expose myself," Huntington-Whiteley says. "This year, I want to be a little freer."

SWIMSUIT Lacoste **GLOVES** NRS
For men's clothing, see Get-It Guide.



**"To me, you're successful
if you're leading a life
that's fulfilling and happy."**



true blue

"We're best mates,"
Huntington-Whiteley
says of her relationship
with actor Jason
Statham. "I almost feel
like I never had a
proper boyfriend before!"

TOP Balmain

into the deep

"Working out isn't just about staying toned," Huntington-Whiteley says. "It's about peace of mind and feeling strong."

BODYSUIT H&M
RASH GUARD NRS

Hair, Christian Wood at The Wall Group; makeup, Kate Lee for Chanel; manicure, Kimmie Kyees at Celestine Agency; prop styling, Colin Donahue; production, Joy Asbury Productions. See Get-It Guide.

Rosie's workout tricks for...

abs "I do planks with glider disks under my feet, where I'll sweep the floor and bring my knees toward my shoulders. You don't need to do many to see great results. And you can't go wrong with good old sit-ups."

legs "I'll get onto all fours, put weights on my ankles and move my legs into different positions: bent, off to the side or rainbows with a pointed toe. It's killer—really brutal! But I've seen incredible results."

arms "It's important to maintain definition, so I do a lot with rubber bands. I'll hold them down with one foot and lift the bands in different motions behind my head. You can feel the pain immediately!"

butt "I like to lie on my side with a rubber band around my knees, doing a clamshell motion and scissoring my legs. It's a tiny movement, but it really fires up the muscles."

SELF

GO BEHIND THE SCENES with Rosie when you hover over this page with the SELF Plus app. Details, page 2.

HANDS

DOWN

We love a good cutout in fashion—and on our manis, too. A peek of bare nail is scoring big this season. NYC manicurist **Jin Soon Choi** shares pointers for pulling off the look.

BY KARI MOLVAR

PHOTOGRAPHED BY JOAN BRAUN
STYLED BY DANIA ORTIZ

DIAGONAL DASH

Fully paint a couple of nails with bright orange, then detail the others. To get a crisp diagonal edge, hold the polish brush still and gently rock your nail from left to right.

NAIL POLISH JINsoon Nail Lacquer in Enflammée, \$18
SWIMSUIT ASOS

STRIKE THROUGH

Mark off the upper part of your nail with thin graphic tape (available at art-supply stores). Paint above and below with two different tones of blue, then remove strip.

NAIL POLISHES Sonia Kashuk Nail Colour in Peek-a-Blue, \$5; Essie in Garden Variety, \$9
SWIMSUIT Tavik Swimwear



CUTAWAY

Starting at top right corner, paint on diagonal bands of black and pink, leaving a bare V. Clean smudges with a pointed cotton swab dipped in polish remover.

NAIL POLISHES Sally Hansen Insta-Dri in Black to Black, \$5; Butter London Patent Shine 10X Nail Lacquer in Flusher Blusher, \$18

SWIMSUIT OYE Swimwear
TENNIS RACKET Chanel



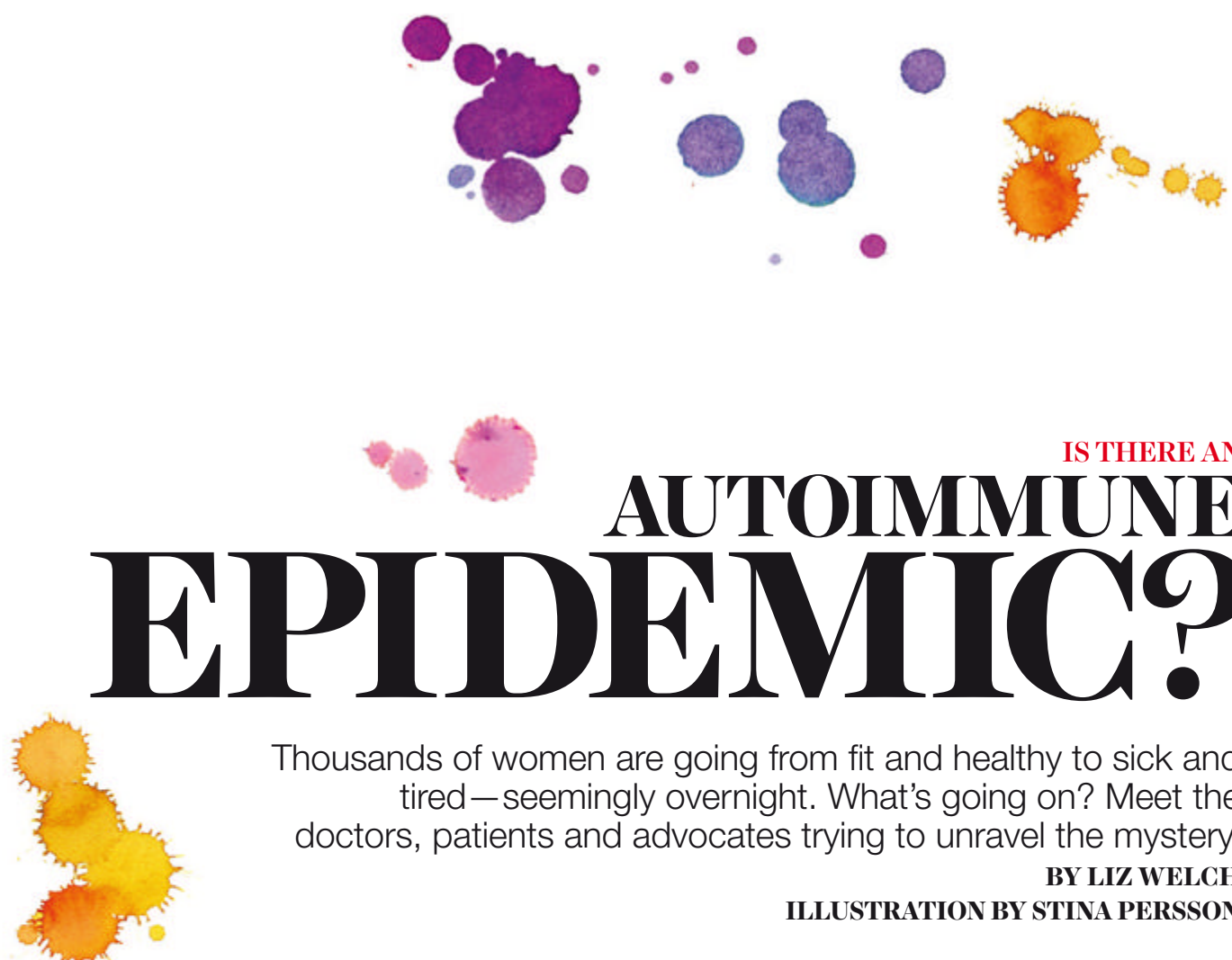
A close-up photograph of a person's hands holding a yellow volleyball. The person is wearing a black sleeveless top. Their fingernails are painted with a white base and a thin, dark racing stripe down the center. The volleyball is bright yellow with visible stitching. The background is a plain, light-colored surface.

RACING STRIPE

Place a strip of graphic tape down the center of your nail and paint sides with white polish—use up to three coats for an opaque finish.

NAIL POLISH Dolce & Gabbana Nail Lacquer in Innocence, \$26
SWIMSUIT ThreeAsFour

Manicure, Charlene Coquard at ArtList Paris; model, Petra Kubatova at SPORT Models. See Get-It Guide.



IS THERE AN AUTOIMMUNE EPIDEMIC?

Thousands of women are going from fit and healthy to sick and tired—seemingly overnight. What’s going on? Meet the doctors, patients and advocates trying to unravel the mystery.

BY LIZ WELCH

ILLUSTRATION BY STINA PERSSON

“What do I have?” and “Don’t know what’s going on!” are two of the more than 800 recent threads on HealthBoard’s online autoimmune disorders forum, each followed by a panicky list of symptoms and pleas for help. Dogged by fatigue, hair loss and joint pain, Sandra792 writes: “I’m 37 and most days feel like I’m 90.” Like countless others on this site, who’ve spent years in and out of doctors’ offices with vague and debilitating symptoms, she believes her ailments point to an autoimmune disease. She might be right.

“Autoimmune disease affects young women three times more frequently than men—it’s an epidemic,” says Virginia Ladd, founder and executive director of the American Autoimmune Related Disease Association. The National Institutes of Health (NIH) estimates that up to 23.5 million Americans are living with an autoimmune disease—though AARDA places that number closer to 50 million. Both organizations agree that AI illnesses (there are 80-plus types) are among the leading causes of death for young and

middle-aged women. And yet a 2013 survey found that fewer than one in five Americans can name a single one. Although lupus, rheumatoid arthritis and multiple sclerosis are familiar to most, very few know that these are all caused by the same mechanism: autoimmunity.

A healthy immune system “helps protect us from foreign invaders, including viruses and bacteria, by creating antibodies to attack them,” explains Noel R. Rose, M.D., director of the Johns Hopkins Autoimmune Disease Research Center in Baltimore and author of many pioneering studies. Sometimes, though, it lays siege to that very security system. “Autoimmunity is a misdirected immune response wherein the body attacks itself,” Dr. Rose says. When and why that happens largely remains a medical mystery.

But maybe not for long. Many people on all sides of the AI battle have fought for progress, resulting in key breakthroughs in diagnosis and treatment. Here are a few voices from the front lines.



THE STORIES

SYMPTOMS OF AI DISEASES VARY WIDELY. AND THOSE WHO SUFFER FROM ONE KNOW ALL TOO WELL THAT THEY ARE EASY TO MISS OR MISTAKE, MAKING DIAGNOSIS A CHALLENGE.

Brittany Angell

*30, cookbook author,
Rochester, NY*

I was 24 when I first became pregnant. I was thrilled—until I got incredibly sick. I thought it was morning sickness; when I miscarried at 12 weeks, I was devastated. But at least my symptoms would disappear, I thought. Instead, they got worse: extreme fatigue and achiness, plus digestive problems so bad, it felt like someone was jabbing a pencil into my side. Over the next three years, I saw 10 doctors. Some thought I had irritable bowel syndrome; others told me I was working too hard or that I was depressed. Truthfully, I was depressed—from feeling so awful. Finally, a gastroenterologist found my gall bladder was inflamed and removed it, but little changed.

Convinced I really was sick, I kept going to new doctors. I'd bring in my blood work, and if a doctor said, "You're fine," I'd say, "You're fired!" Finally, one of them took me seriously. When she told me I had hypothyroidism, possibly as a result of Hashimoto's, its most common cause, I fought back tears. It sounds crazy, but the diagnosis was validating. Hashimoto's is when your immune system attacks your thyroid. That didn't show up in my blood work for two years. My doctor put me on thyroid medication and high doses of vitamin D. Earlier, another doctor had recommended an elimination diet, and because I love to cook, I started posting recipes on my blog. Soon, hundreds of women were sharing similar stories. The key to fighting my disease has been a mix of diet, drugs, community—and hope.

Laura Bowen

38, marketing director, Daytona Beach, FL

To celebrate my 36th birthday, I went to Miami. There, I noticed my breasts were sore and I had acne on my torso. I was training for a duathlon, but running had become difficult. I went off the Pill, thinking it might be hormones, but I still didn't feel great. A few weeks later, a coworker said, "Do you know how yellow you look?" I saw my doctor that day. Tests for viral hepatitis came back negative. I saw a gastroenterologist, who tested for mono and autoimmune markers. He said I had liver damage characteristic of a drug overdose! When my lab results showed no mono, but still no answers, I sent them to my college roommate, a neurologist. She noticed my autoimmune markers were high and found me a liver specialist in Miami. I had autoimmune hepatitis. As sick as I was, I'd discovered it early. I was put on a steroid and an immune suppressant, which stopped the liver damage but have side effects. Today I feel very good, despite some sick days. By sharing my story, I hope I can empower other women to listen to their bodies.

Marni Blake Ellis

33, television producer, New York City

I was 23 and working at VH1, my dream job, when the vision in my left eye went blurry. I went to an optometrist—who, I later learned, has multiple sclerosis and suspected I might, too. I didn't *feel* sick. I was always tired but attributed that to my job. The ophthalmologist he referred me to sent me to the ER for an MRI. The doctors there said it could be Lyme disease, a virus or—worst case—MS. When a neurologist confirmed MS, I was shocked. My mother cried. My doctor explained it's a lifelong condition that attacks the central nervous system; while there's no cure, it's treatable. I've since met many young women with MS, and a few of us formed a Facebook group to compare symptoms, medication and life in general. I still experience numbness, tingling and dizziness—those are the hardest days. But I deal with anxiety by raising money to find new treatments. In October, I held a benefit that raised \$10,000 for two MS nonprofits. Everyone from my Facebook group danced and sang. Just because we have MS doesn't mean we can't have fun.

“Autoimmune diseases should not be so mysterious. They are recognizable. They are diagnosable. And they are treatable.” —Dr. Rose

THE ADVOCATE

AS RESOURCES FOR PATIENTS SEEKING INFORMATION AND HELP, ADVOCATES KNOW THERE'S POWER IN NUMBERS—AND CAN URGE MEDICAL EXPERTS TO SEE THE BIGGER PICTURE.

Virginia Ladd

Founder and executive director of AARDA

More than 40 percent of patients with AI disease are labeled chronic complainers or “doctor shoppers” before getting a diagnosis. One study we did found it takes an average of four to five doctors and four years to get one. It's even more challenging if you develop multiple AI diseases, which isn't uncommon: If you have lupus, AI liver disease and psoriasis, for instance, you wind up seeing three different specialists. It's incredibly frustrating and stressful, which is itself a trigger for disease.

We need to look at AI diseases collectively. Cancer has been a disease category for more than 100 years—we talk about breast cancer and prostate cancer—but AI diseases are only just being recognized this way. Ten years ago, a doctor might have said, “You have lupus.” These days they'll say, “You have the autoimmune disease lupus.” It's a start. Not seeing AI illnesses as “one-offs” is key to better diagnoses and developing more effective treatments.

We also need better accounting. The NIH claims that up to 23.5 million people have AI diseases—but it has not updated this statistic because of a lack of good epidemiology. The first calls to action are to do more epidemiological studies and more research into the common mechanisms that are fueling this epidemic. We are spending money looking at each car on the train—lupus, diabetes, rheumatoid arthritis (RA)—but not at the engine driving them.

THE DOCTORS

THE FUT

NEW INSIGHTS INTO IMMUNE RESPONSE

The emerging connection between female hormones and immunity holds promise: Symptoms of some AI conditions like rheumatoid arthritis or AI thyroid can subside during pregnancy and rebound postpartum. Scientists are also studying the exchange of immune cells across the placenta, from mother to fetus and vice versa, which may cause an AI reaction in mom or child, often years later.

RESEARCHERS AND CLINICIANS POINT TO RECENT MEDICAL PROGRESS AND KEY AREAS WHERE WE CAN KEEP PUSHING FOR ANSWERS—AND CHANGE.

Noel R. Rose, M.D.

Director of Johns Hopkins Autoimmune Disease Research Center

There aren't a large number of epidemiological studies [on AI diseases] because the research can take 20 years. But there are some good studies showing that at least *some* autoimmune disease rates are going up quite rapidly. The question is why. There has to be some kind of environmental exposure, because genetics, which accounts for about a third of all cases, doesn't change that fast. Another question is why the disease is more prevalent in women. Women have stronger immune reactions, and there's evidence that female hormones increase autoimmune responses. We also know that AI diseases are associated with times when hormones are changing. And some genetic traits that contribute to susceptibility are on the X chromosome. When a female patient comes in with symptoms that aren't obvious, we have to put AI disease on the diagnostic list.

Abid Khan, M.D.

Director of the Michigan Autoimmune Center at MidMichigan Health in Midland

I started an AI disease clinic out of need and frustration. My wife almost died from lupus—she had an impossible time getting a diagnosis. Mine is the first triage center in the United States designed to work with patients with *any* suspected AI diseases. I'd been seeing a lot of patients, especially women, who were dismissed by specialists as having chronic pain, depression, anxiety. A subset of those patients did have those diagnoses as well as AI disease but were considered complainers. No workup was done. Their leads were not followed up on. There were no biopsies or blood tests done. Part of the issue is that primary care providers don't get the training they need in medical school to diagnose an AI disease. Since the symptoms can be vague, the primary care doctor doesn't know what or when to test. If it's classic lupus, rheumatoid arthritis or Crohn's—absolutely textbook pictures—the patient is in luck. But the bulk of patients don't fit those criteria. It's hit or miss.

URE

TO CURB THE EPIDEMIC, IT'S GOING TO TAKE MORE RESEARCH INTO PROMISING AREAS AND FINDING LINKS BETWEEN SYMPTOMS AND DISEASE. HERE'S HOW WE CAN ATTACK THE PROBLEM.

UNDERSTANDING THE TRIGGERS

"Environmental triggers will be the next wave of research," Dr. Rose says—everything from toxins like mercury to viruses and infections. One intriguing area: the "hygiene hypothesis," based on the idea that as our environments have become more sterile, the immune system doesn't develop properly and malfunctions, says Susan Blum, M.D., author of *The Immune System Recovery Plan*.

EARLIER DIAGNOSTIC TESTING

"We treat patients too late, when the damage has been done, and we're just left managing the patients, not curing them," Dr. Rose says. Monitoring early signs, such as shifts in level and number of antibodies, could be a game changer. Antinuclear antibodies, an early sign of lupus, can be detected years before the disease develops, Dr. Blum says, which could aid in prevention efforts.

A UNIFIED APPROACH

Targeting AI diseases collectively could have multiple benefits. Grant money and donations could be directed toward identifying mechanisms and treatments across diseases—a radical change from today's model. Targeting multiple conditions could help bring costly drugs to market. "There's a drug for RA that I'm using for psoriasis to good effect," Dr. Khan says. We need to demand more of this research.

What you can do

THINK YOU HAVE SIGNS OF AN AI DISEASE? HERE'S HOW TO GET THE CARE YOU NEED.

WRITE EVERYTHING DOWN

Since AI symptoms are often sporadic and vague, Dr. Khan recommends scripting. "Make a time line of all your symptoms," he says. "Focus on the distinct ones. So instead of just saying, 'I'm so tired,' pinpoint when the rash appeared and how long it lasted. Or mark the day you felt a tingling numbness." Overlay that script with hospital records, office visits and lab results, and present these to your doctor. "That tells the full story and will offer clues to what is going on," Dr. Khan says.

KNOW YOUR FAMILY HISTORY

One thing we *do* know is that AI disease runs in families (though one family member may have Graves' disease while another has MS). It's crucial to find out if any relatives are sufferers.

DEVELOP A RELATIONSHIP WITH A CARING INTERNIST

Start with a generalist; people often see specialists too early and are turned away if they don't meet the criteria for that disease. "Since most AI diseases start very slowly and symptoms are general, you need someone who will follow you over time and see your disease evolve," Dr. Rose says. Find someone who believes you when you say, "I don't feel well."

RECRUIT A SUPPORT TEAM

"You can't be empowered by yourself," Dr. Khan says. Connect with advocacy groups like AARDA or online/social media support groups that are pressing for awareness and change. If enough women start demanding attention, physicians will have to start listening, Dr. Khan says.



WORTH *the* WEIGHT

Women are paying unprecedented sums of money to reserve a Spinning bike or a spot at the barre. Sure, it's an investment in your health, but is there such a thing as too much?

BY COURTNEY RUBIN

For years, Betsy Collins, 35, logged daily runs, outside or on the elliptical machine in her basement. "I've always been a workout freak," she says. But two years ago, things got a little more intense: Collins, who lives in Philadelphia, discovered the Lithe Method, a high-intensity interval workout with a devoted following. Her Lithestyle conversion meant paying \$175 a month for a daily class and \$59 for props—arm warmers, gloves and sweat-boosting "calorie trasher" pants. She was soon hitting her favorite Cardio-Cheer-Sculpting workouts twice a day, ponying up an additional \$210 monthly for the extra classes. Last year, she even joined Lithe on a four-day, \$2,000 workout camp in Jamaica. Total spent on fitness in 2014: some \$7,000. For Collins, the cost is easy to justify. "It's expensive," she says, "but I'm leaner, stronger and happier than I've ever been."

As fitness—especially boutique fitness, which now comprises 21 percent of the \$22.4 billion market—has shifted from healthy habit to upscale lifestyle, something of a bubble economy has emerged. Women are paying more than ever for a coveted spot on the mat or bike, along with ancillary expenses, from green juice to gear. On average, boutique

studio members pay more than \$100 a month, whereas at traditional gyms, less than 10 percent pay more than \$75. But expenditures like Collins's aren't rare. Take Terah Stone, 40, a New York City-area entrepreneur, who spends up to \$750 a month between her Equinox membership and classes at Flywheel Sports and SLT. (Stone now owns more pairs of workout leggings than pants and estimates that apparel adds another \$500 a month to her costs. "If my husband reads this, he'll freak out," she says jokingly.)

In any bubble economy, demand exceeds supply. Rick Stollmeyer, cofounder and CEO of Mindbody, the largest studio-booking system, says he's been adding more than 1,000 new businesses a month. And yet, the perception is that there still aren't enough classes to go around. It's true, in a way, because in this model the instructors are the stars. It's not enough to get in to any SoulCycle class; you show your status by snagging a spot in Rique Uresti's sold-out sessions, then Instagramming about it. Certain classes are so desirable that companies like Barry's Bootcamp and SoulCycle offer priority booking—\$70 per class, or more than double the normal price. "These classes are elaborately staged WORTH THE WEIGHT > 126

THE PAYOFF

\$150 BUYS:

6 classes at The Bar Method in Atlanta or...

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PHOTOGRAPHED BY CARLTON DAVIS



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this hearty bowl.*

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Photographed by ALICE GAO

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*Citrus and dill
give this simple
dish its zing.*



**ROASTED
BEET SALAD**
*Sweet, tangy,
earthy: This
colorful plate
has it all.*

5 RULES OF (GREEN) THUMB

Celestine Maddy, the Los Angeles-based creator of gardening quarterly Wilder, shares her tips for cultivating veggies, fruit and herbs with minimal effort (or space). Even if all you have is a few minutes and a windowsill, you can still make your garden grow—and eat it, too.

1/

TRY SOMETHING EASY

Basil, tomatoes and strawberries multiply rapidly and can be grown in pots.

2/

SKIP THE SEEDS

Grab a half-grown (i.e., harder-to-kill) plant from the farmers' market to save time and stress.

3/

SEE THE LIGHT

South-facing windows provide plenty of sun; most plants need four to eight hours per day.

4/

REMEMBER THE 2-2

RULE Check soil every two days; if it feels dry 2 inches below the surface, water it.

5/

PRUNE WEEKLY

Check for and cut off any dead pieces. You won't kill the plant—you'll help it grow stronger.

Spring Pea Quinoa

SERVES 4

- ½ cup thinly sliced red onion
- ¼ cup cider vinegar
- ½ tsp sugar
- ½ cup quinoa
- 2 tbsp olive oil, divided
- 2 medium sweet onions (3 cups), chopped
- 4 cloves garlic, pressed or finely chopped
- ¾ tsp salt, divided
- ⅛ tsp black pepper
- 2 cups chopped broccolini
- 1 cup snap peas
- 1½ cups shelled peas
- 1 tbsp each chopped dill, cilantro and mint
- ⅓ cup blanched slivered almonds
- 2 tsp lemon juice
- 1 tsp Dijon mustard
- 1 tbsp honey

Toss red onion with vinegar and sugar and set aside for 1 hour. Drain. Combine quinoa with 1 cup water in a saucepan, bring to a boil and reduce to a simmer; cover and cook 15 minutes. Remove from heat and let stand, covered, about 5 minutes. In a large skillet over medium-high heat, heat 1 tbsp olive oil; add sweet onions, garlic, ½ tsp salt and ⅛ tsp pepper. Cook, stirring, until onion is translucent, about 7 minutes. Add broccolini and 2 tbsp water; reduce heat to medium and cook 3 minutes. Stir in snap peas and shelled peas and cook until crisp yet tender, 4 to 5 minutes. Remove from heat; toss with red onion, quinoa, dill, cilantro and mint. Combine almonds, lemon juice, mustard, honey, remaining 1 tbsp olive oil and remaining ¼ tsp salt in a food processor and blend (thin with a splash of water, if needed). Toss with quinoa and serve.

Roasted Beet Salad

SERVES 4

- 6–8 red and yellow beets (2 lb), scrubbed
- ½ tsp salt, divided
- ¼ tsp black pepper, divided
- ½ tsp onion powder
- 1 tbsp plus 2 tsp balsamic vinegar
- ⅓ cup fresh basil
- ½ cup garlic scapes (or 2 garlic cloves), coarsely chopped
- ½ cup pine nuts, toasted 10 minutes in a cast-iron skillet in a 350° oven
- 1 tbsp plus 1 tsp lemon juice
- 3 tbsp olive oil

Heat oven to 375°. Wrap each beet in foil; place on a baking sheet and roast until beets are easily pierced with a fork, about 55 minutes. Unwrap and cool. Peel and cut beets into thin slices. Combine ¼ tsp salt, ⅛ tsp pepper, onion powder and vinegar in a bowl; toss in beets and marinate 30 minutes. Puree remaining ¼ tsp salt, ⅛ tsp pepper, basil, scapes,

pine nuts, lemon juice and olive oil in a food processor. Arrange beets on serving dish and garnish with pesto.

Pan-Seared Scallops

SERVES 4

- 20 sea scallops, patted dry
- ¾ tsp salt, divided
- ¼ tsp black pepper, divided
- 3 tbsp olive oil, divided
- 2 tbsp unsalted butter
- 1 clove garlic, pressed or finely chopped
- ⅓ cup fresh orange juice
- 1 tbsp honey
- ¼ cup chopped orange segments
- 2 tbsp fresh dill, chopped
- 1 cup baby spinach
- 1 tsp lemon juice

Season scallops with ½ tsp salt and ⅛ tsp pepper. In a large skillet over medium-high heat, heat 1 tbsp oil. Add half the scallops and cook until golden brown on the underside; flip and continue to cook, 2 to 3 minutes per side. Transfer to a plate. Repeat with another 1 tbsp oil and remaining scallops. Reduce heat to medium; melt butter, add garlic and cook 15 seconds. Add orange juice and honey; cook, stirring, 5 minutes. Remove from heat; stir in orange pieces and scallops. Sprinkle with dill. In a second skillet, heat remaining 1 tbsp oil over medium-high heat. Add spinach in batches; toss until wilted. Stir in lemon juice; season with remaining ¼ tsp salt and ⅛ tsp pepper. Divide spinach and scallops among 4 plates; top scallops with sauce and serve warm.

Strawberry-Rhubarb Bites

SERVES 8

- Vegetable oil cooking spray
- 8 pitted dates
- 1¼ cups rolled oats
- 1 tsp salt
- 1 tsp cinnamon
- ½ tsp vanilla extract
- ½ cup almond meal or whole-wheat flour
- 1 cup coconut flakes
- ¼ cup warmed coconut oil
- 2 tsp arrowroot or cornstarch
- 2 cups strawberries, hulled and chopped
- 1 cup rhubarb, chopped
- ¼ cup honey
- 2 tsp lemon zest

Heat oven to 350°. Coat an 8" x 8" baking pan with cooking spray. Soak dates for 10 minutes in hot water; drain. Place dates, oats, salt, cinnamon and vanilla in food processor and pulse. Add almond meal and pulse to combine. Transfer to bowl. Pulverize coconut flakes. Add flakes and coconut oil to date mixture and knead together. Set aside ½ cup and press the rest into bottom of baking pan. Combine arrowroot with 2 tsp water; stir to dissolve. Puree strawberries and rhubarb; transfer to a saucepan, stir in honey and lemon zest and bring to a boil. Stir 2 minutes. Reduce heat to low, stir in arrowroot mixture and cook, stirring, 1 minute. Remove from heat and cool. Pour fruit over crust; sprinkle with reserved mixture. Bake 25 minutes; cool and refrigerate 2 hours. Cut into squares and serve.



STRAWBERRY-RHUBARB BITES

This healthy take on a spring classic gets its sweetness from dates.

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SAIL AWAY

CONTINUED FROM 106



certain amount of time, there's a massive amount of pressure to get married," she says. "I totally believe in marriage, but being in a happy relationship is much more important to me." Kids, on the other hand, are "something that's more realistic in the near future." Huntington-Whiteley adds that she feels fortunate to be living in an age when the focus isn't on meeting a guy and getting married but on building a fulfilling career and happy home life. "The focus is more on self," she says. "Build something for yourself rather than having to rely on external sources for happiness."

And if she happens to look great doing it? All the better. In case you were wondering where a supermodel goes for style inspiration, she peruses Pinterest for fashion advice—she'll type in "Kate Moss style" or "celebrity airport looks"—and YouTube for beauty tips. Her favorite designers are Isabel Marant, Balmain and Chloé, but since she spends half of each month in Los Angeles and the other half in London, she's become "one of those idiots who has to travel with my life in a suitcase." Her fix is a packable wardrobe of great basics: a navy blazer, a silk cami, boyfriend jeans.

Her fitness regimen is also at the mercy of her mercurial travel schedule, but she finds time to fit it in, even if that means a few minutes of stretching in her hotel room after she gets off the plane. "Working out isn't just about staying toned or remaining a certain size," she says. "It's about peace of mind, feeling strong and becoming the best version of yourself." And Huntington-Whiteley is

luckier than most: Her brother, Toby, is a personal trainer who lives in London and will visit her in her hotel. When she's in L.A., no two days of fitness are alike: She hikes, goes paddleboarding and is "addicted" to dance classes like Body by Simone and Andie Hecker's Ballet Bodies. But she's also a big believer in moderation: "Sometimes exercise isn't a priority for me—something else is!"

There's a similar sense of balance in her food choices. Huntington-Whiteley cooks simple and organic at home, but when she goes out, she enjoys herself. "I don't want to be that person who's pushing salad around her plate, miserably watching everyone else," she says.

And miserable is the opposite of where she's at. "Some people measure success by how big your house is," she muses. "To me, you're successful if you're leading a life that's fulfilling and happy." To look at her curled up on a bench, smiling in the California sun, is to know she's achieved her goal. ●

WORTH THE WEIGHT

CONTINUED FROM 118



events," says Larry Compeau, Ph.D., professor of marketing and consumer psychology at Clarkson University. "It's about a lot more than getting your exercise."

For some, the value is justified in more rigorous workouts, says Aarti Kapoor, who tracks the wellness industry for investment bank Moelis & Company. Also, "because of pricing, you have more accountability to show up," she says. And exercisers are willing to pay extra for "the community factor: knowing your instructors and fellow classmates."

Alisha West, M.D., 37, a Los Angeles surgeon, used to pay \$1,400 a month to a chain gym—\$1,200 for a trainer and \$200 for membership. But two years

ago she switched to Barry's Bootcamp (a relatively affordable \$180), where she lost the 25 pounds she couldn't shake. "I only have a few hours a week to work out, and I want to make the most of them," Dr. West says. The class doubles as a social event, and she often meets up with classmates to have dinner. "I didn't know anybody at my old gym. Here, everyone's goal-oriented. You like the same trainers, so naturally you start talking," she says.

Spending the equivalent of a night out on a class may be easier to stomach when it replaces less healthy pursuits. "If I didn't go to class in the evening, I'd be at happy hour with my friends," says Lauren Hayes, 32, a New York City publicist who spends \$500 a month on workouts. Erica Dermer, 32, a writer from Phoenix, is a regular at Pure Barre. "It's a big cost. But it's a hobby. Some people travel internationally. And I'm like, 'Well, I go to Pure Barre a lot.' This is my thing."

So when will the bubble burst? There have been signs of consumer pushback: At Tracy Anderson, where clients pay a

\$1,500 initiation fee and up to \$1,000 a month, some members started an online petition after the gym changed its schedule, offering fewer—and shorter—classes. Sites like Gilt City now offer flash fitness deals. And then there's the democratizing all-you-can-sweat ClassPass, available in 29 U.S. cities, which charges as little as \$79 a month for classes at member studios. "These market disrupters take leverage away," Kapoor says. "If people can get classes for cheaper, I can't imagine raising prices will go over well with consumers."

Whether you're paying too much for your fitness habit is a question only you can answer. If you want fitness to feel like a performance and you crave a clubby sense of belonging, you may want to invest in more than a plain old workout. For Collins, who says the hours (and dollars) she puts into Lithe have been transformative, the feeling in the studio is (almost) priceless. "When I walk in, it brings me back to the days I played sports, when we all worked as a team and supported each other," she says. "God help me if the price goes up!" ●

GET-IT GUIDE

Cover Bikini top and bottom, \$396; MichaelKors.com for stores.

Page 4 Blue swimsuit, \$495; Baja-East.com. Shirt, Thakoon, \$850; ModaOperandi.com. Bandeau, \$152; MaraHoffman.com. Shorts, Band of Outsiders, \$395; 212-965-1313.

Page 15 Top, Espalier, \$98; EspalierSport.com. Headphones, \$20; WickedAudio.com.

Page 16 Jacket, Adidas by Stella McCartney, \$100; Adidas.com. Shorts, Laain, \$150; Net-A-Porter.com. Shoes, Under Armour, \$80; UA.com. Pannier, \$120; Thule.com. Bike, \$399; SoleBicycles.com. Black sports bra, Calvin Klein Performance, \$25; Macy's.

Page 34 Cardigan, Maryam Nassir Zadeh, \$460; BonaDrag.com. Bra top; HelmutLang.com for similar styles. Leggings, Chacott, \$79; FreedUSA.com. Ballet flats, Repetto, \$318; GravityPope.com.

Page 59 Sports bra, Victoria's Secret Sport, \$40; VictoriasSecret.com. Shorts, \$35, and shoes, \$140; Nike.com. Wristband, \$7; Adidas.com.

Page 60 Sports bra, Adidas by Stella McCartney, \$60; Shopbop.com. Pants, Solow; SolowStyle.com for similar styles. Shoes, \$100; Nike.com. Fitness tracker, Sony, \$100; Store.Sony.com.

Page 62 Peach sports bra, \$66; LornaJane.com. Gray sports bra, Phat Buddha, \$55; PhatBuddhaWear.com. Shorts, \$60; 2XU.com. Shoes, \$70; Puma.com. **Page 65** Sports bra, Solow; SolowStyle.com for similar styles. Pants, \$85; OutdoorVoices.com. Wristbands, \$6 for two; Nike.com.

Page 66 Top and shorts, Lululemon Athletica; Lululemon.com for similar styles. Sneakers, \$110; Nike.com.

Page 70 Tank, \$100, and tights, \$90, Adidas by Stella McCartney; Adidas.com. Sneakers, Adidas by Stella McCartney, \$120; Shopbop.com. **Page 71** Sports bra, \$33; VictoriasSecret.com. Shorts, \$55, and shoes, \$100; Nike.com.

Page 92 Rash guard, \$225; ToryBurch.com. Swimsuit, \$208; Mikoh.com.

Page 94 Swimsuit, \$495; Baja-East.com. Necklace, Marni, \$510; Saks. Bag, Fendi, \$6,850; 212-897-2244.

Page 95 Swimsuit, Jo de Mer, \$337; ShopLesNouvelles.com. Vest, TSE, \$595; 212-925-2520. Necklace, \$620; Marni.com for stores. Sneakers, Nike ID Inspired by Baja East, \$125; Nike.com. **Page 96** Swimsuit, Victoria's Secret, \$99; VictoriasSecret.com. Top, Zero + Maria Cornejo, \$895; Stanley Korshak, 214-871-3600. **Page 97** Swimsuit, \$595; TomasMaier.com.

Shorts, 3.1 Phillip Lim, \$450; 212-334-1160. Necklaces, Marni, \$510 and \$610; Saks. **Page 98** Swimsuit, \$79; VictoriasSecret.com. **Page 99** Swimsuit, \$89; VictoriasSecret.com. Tunic, Susan Lu, \$595; WaterLilies Swimwear.com. Fringe towel, \$80; ScentAndFeel.com.

Page 101 Sports bra, \$80; TullyLou.com.au. Pants, Lululemon Athletica, \$108; Lululemon.com. Shoes, \$100; Nike.com. **Page 102** Vest, \$160; TullyLou.com.au. Sports bra, Lululemon Athletica, \$54; Lululemon.com. Pants, Under Armour, \$60; UA.com. **Page 103** Pants, \$100; TullyLou.com.au.

Page 104 Bikini, Lisa Marie Fernandez, \$375 (includes bottom); Shop.LisaMarieFernandez.com. Wet suit, \$180; HellyHansen.com. Bracelets, Alienina, \$80 each; Shop.Alienina.com. Shoes, Gill, \$125; GillNA.com. **Page 107** Swimsuit, \$175; Lacoste.com.

Gloves, \$20; NRS.com. On him: jacket, \$160, and pants, \$170; HellyHansen.com. **Page 108** Top, Balmain, \$1,250; Neiman Marcus. **Page 109** Bodysuit, \$40; HM.com. Rash guard, \$50; NRS.com. On him: shirt, \$70, and cap, \$28; HellyHansen.com.

Page 110 Swimsuit, \$40; ASOS.com. **Page 111** Swimsuit, Tavik Swimwear, \$120; Tavik.com. **Page 112** Swimsuit, \$350; OYESwimwear.com. Tennis racket, Chanel, \$1,350; 800-550-0005.

Page 113 Swimsuit, \$488; ThreeAsFour.com.

BEAUTY AWARDS

Page 12 L'Oréal Paris Infallible Smokissime Powder Eyeliner Pen, \$10. La Mer The Reparatative SkinTint SPF 30, \$95. Lancôme Shine Lover Vibrant Shine Lipstick in Fuschia in Paris, \$25. Burberry Nails Polish in Bright Coral Red, \$22. Urban Decay Naked Skin Weightless Complete Coverage Concealer, \$28. Maybelline New York Lash Sensational Mascara, \$9. Yves Saint Laurent Couture Mono Eyeshadow in N.7 Caftan, \$30.

Page 37 Givenchy Prisme Libre Loose Powder in #1 Mousseline Pastel, \$53.

Page 38 Shiseido Shimmering Cream Eye Color in Lavande, \$25. Dolce & Gabbana The Nail Lacquer in Scarlett, \$26. GlossiGirl Lipstick in Kick'n Ass, \$19. Chanel Jouvè Contraste Powder Blush in Crescendo, \$45. Oribe Bright Blonde Shampoo for Beautiful Color, \$44. OPI Infinite Shine Gel Effects Lacquer in Grapely Admired, \$13. Michael Kors Lip Luster in Fire Coral, \$24. Revlon Ultra HD Lipstick in HD Orchid, \$9.

Page 40 Estée Lauder Clear Difference Purifying Exfoliating Mask, \$40. John Frieda Beach Blonde Cool Dip Purifying Shampoo, \$10. Glossier Mega Greens Galaxy Pack, \$22.

Shiseido Ibuki Multi Solution Gel, \$38. Aveeno Positively Nourishing Purifying Body Wash, \$7. Darphin Exquisite Beauty Revealing Cream, \$135.

Peter Thomas Roth Cucumber De-Tox De-Puffing Eye-Cubes, \$50. **Page 42** Elizabeth Arden PreVage Anti-Aging Wrinkle Smoother, \$72. By Terry Hyaluronic Sheer Nude lipstick in Nude Pulp, \$36. Clarins UV Plus Anti-Pollution Broad Spectrum SPF 50,

\$42. Onomie A.C.E. Illuminating Eye Treatment in Curie, \$32. Shiseido Glow Enhancing Primer SPF 15, \$30.

Page 44 Bumble and Bumble Surf Infusion, \$29. Clinique Turnaround Revitalizing Lotion, \$34. Belfi The true cream-aqua bomb, \$38. Simple Skincare Micellar Cleansing Water, \$7. Sunday Riley Luna Sleeping Night Oil, \$105. Davines Minu Shampoo, \$25.

Page 46 Physicians Formula Argan Wear Ultra-Nourishing Argan Oil Bronzer, \$15. Nars Dual-Intensity Blush in Panic, \$45. Ulta Lip & Cheek Color Stick in Peachy, \$10. Lorac Unzipped Gold Shimmer & Matte Eye Shadow Palette, \$42. Tom Ford Cream and Powder Eye Color in Golden Peach, \$60. Redken Metal Fix 08 metallic liquid pomade, \$25 for two.

Page 48 StriVectin Intensive Illuminating Serum, \$89. CoverGirl Coloricious Lipstick in Champagne, \$6. Clé de Peau Beauté Concentrated Brightening Eye Serum, \$120. Perricone MD No Highlighter Highlighter, \$35. Marc Jacobs Beauty Highlighter Gel Eye Crayon in Blue Me Away!, \$25. Aloxol Essential 7 Oil Restorative Hair Serum, \$35. Dr. Andrew Weil for Origins Mega-Bright Dark Spot Correcting Night Mask, \$55.

Matrix Biolage Cleansing Conditioner for Medium Hair, \$13. Erno Laszlo White Marble Treatment Bar, \$45. GlamGlow Powercleanser Daily Dual Cleanser, \$39. Garnier Clean+ Gentle Clarifying Cleansing Gel for Sensitive Skin, \$8. Boscia Exfoliating Peel Gel, \$34. Dr. Brandt Cellusculpt, \$59. Clear Scalp & Hair Strong Lengths Nourishing Daily Conditioner, \$6. Clairin Professional iThrive Color Vibrancy Treatment, \$9. Burt's Bees Renewal Firming Day Lotion SPF 30, \$20. Jane Iredale HandDrink Hand Cream SPF 15, \$29. Garnier Fructis Full & Plush Ends Plumper, \$6. TRESemmé Youth Boost Fullness Emulsion Spray, \$7.

Algenist Repairing Tint & Radiance Moisturizer SPF 30, \$42. Kardashian Beauty Smooth Styler Blow Dry Cream, \$13. NIVEA Cocoa Butter Kiss Lip Butter, \$4. Neutrogena Hydro Boost Eye Gel-Cream, \$19. Nexxus New York Salon Care Oil Infinite Restoring Conditioner, \$17. Olay Regenerist Luminous Overnight Mask, \$26. Vaseline Intensive Care Advanced Relief Healing Serum, \$8. Pantene Pro-V Power Up Daily Treatment, \$5.

Diorskin Nude Air Sérum Ultra-Fluid Sérum Foundation SPF 25, \$53. L'Oréal Paris EverPure 8-in-1 Color Miracle Color Revitalizing Treatment, \$9. Rimmel London 9-in-1 BB Radiance Cream, \$7. Giorgio Armani Maestro Liquid Summer Bronzer in #90, \$64. Dove Youthful Vitality Silk Crème, \$6.

Guerlain Météorites Baby Glow Light-Revealing Sheer Foundation, \$54. Jergens BB Protect Perfecting Body Cream with Sunscreen, \$13. Fekkai Après Soleil Crème, \$20.

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WHY I...

GET AERIAL

By **VERONICA BLAIR**, 31, aerial arts performer and instructor in San Francisco

When I was 14, I heard through my high school drama club that a local circus was starting teen apprenticeships. I wanted to perform, so I auditioned, even though I'd been to the circus only once. They had to teach me how to do cartwheels and somersaults on the spot, but I made the director laugh—and I got in. On my first day of practice, I saw people flying through the air. I was awestruck.

Circus artists are so creative and comfortable with who they are. Being around them during my teen years helped me embrace my own uniqueness. And performing gave me confidence. I found that, with practice, I could overcome almost any physical challenge. I started off doing handstands to build body awareness, then moved to trapeze, acrobatics and now aerial silks and straps.

My act is six minutes of scaling, flipping and spinning, about 20 feet up. There's no safety net: It's just me, the straps and the stage. I love locking eyes with the audience to pull them in as I move. And to push myself, I always include two tricks that I'm still mastering.

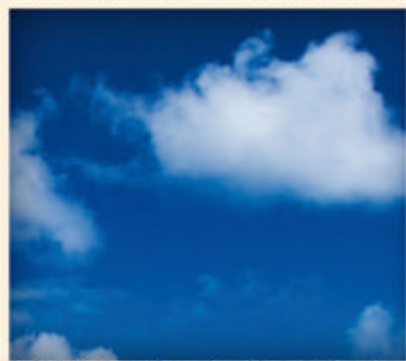
If I make a mistake, I brush it off—you can't take it back. The show must go on, truly. Sometimes you fall; you can't sit around and cry. You have to pull yourself together and move forward.



*There's no safety net:
It's just me, the straps
and the stage."*



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